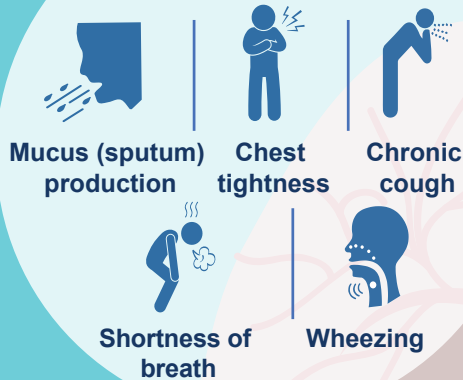


COPD SYMPTOMS AND TRIGGERS TO AVOID TO PREVENT WORSENING

Most common symptoms include¹



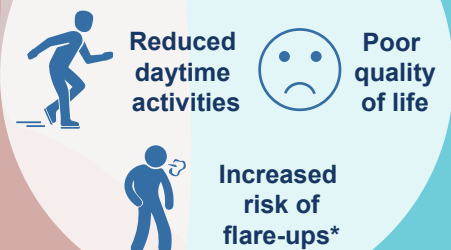
Symptoms are most noticeable just after waking up in the morning⁴ and severely impact the ability to perform tasks throughout the day⁵



COPD symptoms make it more difficult to perform day-to-day activities²⁻⁴

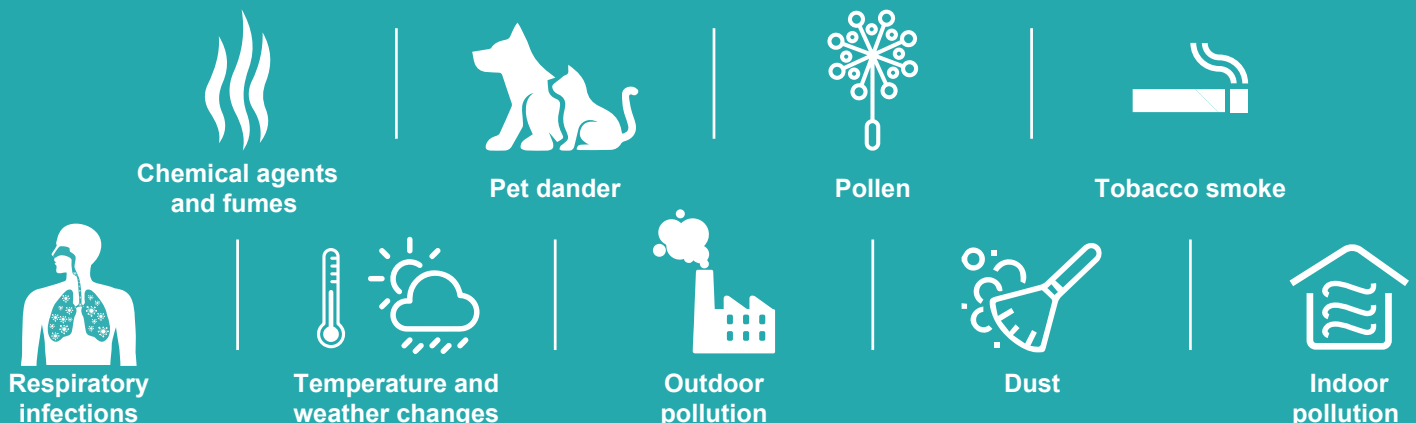


Morning symptoms are associated with^{2,6}



Symptom **worsening** is common during **flare-ups**^{1*}

Certain triggers can worsen symptoms of COPD and should be avoided^{1,7}



*Acute exacerbations of COPD (AECOPD)
COPD, chronic obstructive pulmonary disease

References: 1. Global Initiative for Chronic Obstructive Lung Disease (GOLD). Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease (2019 Report). Available at: <http://goldcopd.org>. Accessed Aug 20, 2019; 2. van Buul AR, et al. *Eur Respir Rev*. 2017;26:160033; 3. Giacomini M, et al. *Ont Health Technol Assess Ser*. 2012;12:1-47; 4. Kessler R, et al. *Eur Respir J*. 2011;37:264-272; 5. O'Hagan P, Chavannes NH, *Curr Med Res Opin*. 2014;30:301-314; 6. Roche N, et al. *COPD*. 2013;10:679-686; 7. Jamieson DB, et al. *Am J Respir Crit Care Med*. 2013;188:187-192.

Disclosure: The authors meet the criteria for authorship as recommended by the International Committee of Medical Journal Editors (ICMJE). The authors received no direct compensation related to the development of the infographic. Writing, editorial support, and formatting assistance was provided by Cactus Communications, which was contracted and compensated by Boehringer Ingelheim Pharmaceuticals, Inc. (BIPI) for these services. BIPI was given the opportunity to review the infographic for medical and scientific accuracy, as well as intellectual property considerations.