ANYONE CAN GET COPD
COPD Does Not Discriminate

There is a common misconception that chronic obstructive pulmonary disease (COPD) is “just a smoker’s disease,” but did you know that 1 in 4 people with COPD never smoked?¹

COPD is one of the top three causes of death worldwide,² and anyone can get COPD. Here are some of the ways that COPD can develop:

- **COPD can be related to smoking:**
  - Tobacco smoke
  - Secondhand smoke
  - Vaping or e-cigarette use
  - Cannabis (marijuana) use

- **COPD can be related to environmental factors:**
  - Particles or gases from using fuel indoors
  - Smoke exposure
  - Occupational dust, fumes, or inhalants
  - Other indoor and outdoor air pollutants

- **COPD can be related to infection:**
  - Childhood respiratory infections
  - Pneumonia
  - Tuberculosis
  - Human Immunodeficiency Virus-associated COPD

- **COPD can be related to genetic factors:**
  - Alpha-1 antitrypsin deficiency
  - Other genetic mutations

- **COPD can be related to early-life events:**
  - Premature birth
  - Secondhand smoke
  - Childhood asthma

If you or a loved one are having symptoms of COPD - like coughing (with or without mucus), wheezing, chest tightness, shortness of breath, and unusual tiredness - or have any of the above risk factors, talk to your health care provider. Getting early diagnosis and treatment is crucial to preventing or slowing the progression of COPD.

References: