



What is COPD?

COPD(chronic obstructive pulmonary disease) is damage to the lungs that makes it hard to breathe.

Most people with COPD have both:

- Chronic bronchitis - airways are swollen with a lot of mucus
- Emphysema - air sacs in the lungs are floppy and make it hard to catch your breath.

Signs of COPD

Early signs may include:

- Lots of mucus, often in the morning
- Nagging cough (smoker's cough)
- Hard to catch your breath, mostly when active
- Wheeze or whistle when you breathe
- Chest tightness
- Lung issues, like getting a cold or the flu a lot

When COPD is worse, you may have:

- Blue or gray lips or fingernails
- Weight loss
- Fast heartbeat
- Trouble catching breath or talking

Living with COPD

There is no cure for COPD, but these things can help you feel better:

- Avoid dust, chemicals, and smoke
- Talk with a doctor about:
 - COPD meds
 - Exercise and diet
- Ask for help with daily tasks
- Stay away from secondhand smoke
- If you smoke, try to quit!

Why Quit Smoking

You can't get rid of COPD, but quitting can:

- Stop COPD from getting worse
- Help with shortness of breath, coughing, sinus issues, and feeling tired
- Allowing lungs to work better

