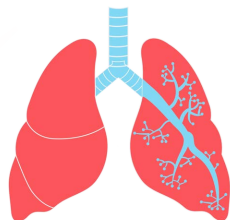




What is COPD?

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.
- Wheezing or whistling when you breathe
- Chest tightness.
- Lung issues, like often getting a cold or the flu.

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.
- Allow lungs to work better.



Free Help to Quit Tobacco Use

You can get free, confidential help to quit smoking, vaping, or chewing tobacco.

- Call 800-QUIT-NOW (800-784-8669)
- Or text **READY** to 200-400
- Or visit www.WiQuitLine.org

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