<u>C</u>hronic <u>O</u>bstructive <u>P</u>ulmonary <u>D</u>isease (COPD)

COPD is a group of lung diseases that block the flow of air as you breathe out or exhale. Some of the most common diseases include:

- Emphysema
- Chronic bronchitis
- Asthma

Air needs to move in and out of your lungs to meet your body's needs. When the flow of air out of the lungs is blocked, stale air becomes trapped in the lungs. This makes it harder for the lungs to get enough oxygen to the rest of the body.
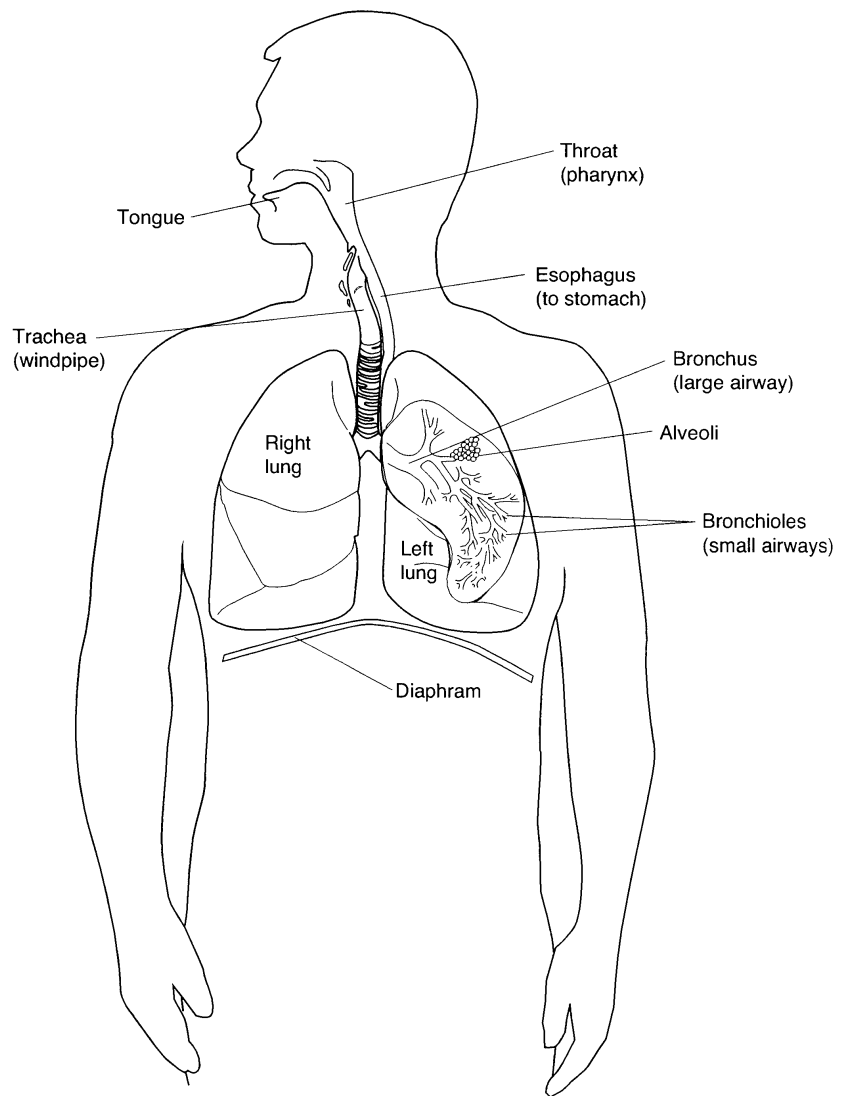
Causes

The leading causes of COPD are:

- Smoking
- Working in a polluted environment
- Second hand smoke

Signs

The signs of COPD are:

- Coughing
- Wheezing
- Feeling short of breath

Tongue

Throat (pharynx)

Esophagus (to stomach)

Trachea (windpipe)

Bronchus (large airway)

Alveoli

Right lung

Bronchioles (small airways)

Left lung

Diaphram

These signs can be serious enough to affect your daily activities.

Your Care

Your doctor will do a medical exam and order tests such as:
- Chest x-ray
- CT scan
- Blood test
- Pulmonary function test

The damage to your lungs from COPD cannot be reversed and there is no cure. With the help of your health care team, you can manage the disease to slow its progress. To manage your COPD:
- Stay active.
- Quit smoking.
- Maintain a healthy weight.
- Eat a balanced diet.
- Drink a lot of fluids.
- Control stress.
- Take your medicines such as inhalers, steroids and antibiotics as ordered.
- Do home oxygen therapy if ordered.
- Attend a pulmonary rehab program to learn about COPD and exercise to improve your health.

Talk to your health care team about your questions and concerns.