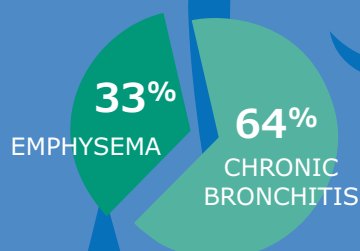


WOMEN ARE **37%**  
MORE LIKELY TO DEVELOP  
COPD THAN MEN  
AND **2X** AS LIKELY  
TO BE DIAGNOSED WITH  
BRONCHITIS



#### NON-HISPANIC WHITE ADULTS

COPD IS THE 3RD LEADING CAUSE OF DEATH IN THE US



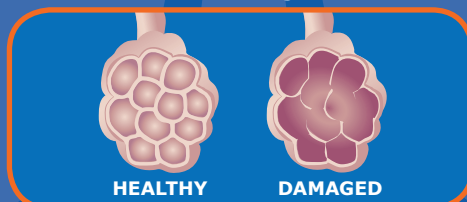
#### Chronic Obstructive Pulmonary Disease

## COPD

COPD is a lung disease that may be serious and may progress. It can make it difficult to breathe and get enough oxygen into the body and carbon dioxide out of the body. The two diseases that make up COPD are:

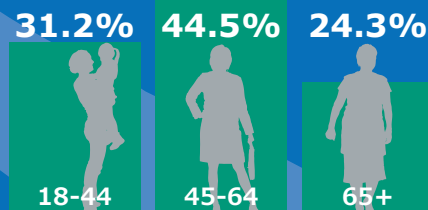
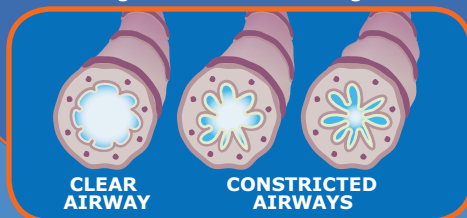
#### EMPHYSEMA

With emphysema, the air sacs and small airways are damaged and lose their elasticity. Air becomes trapped in the air sacs making it difficult to

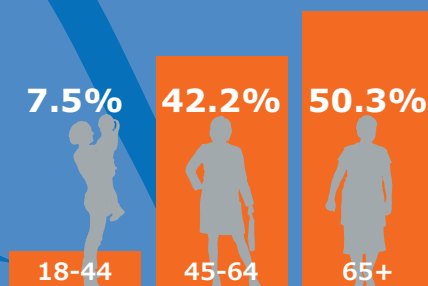


#### CHRONIC BRONCHITIS

With chronic bronchitis, the airways become swollen and inflamed and produce large volumes of mucus. This narrows or closes the airways making breathing difficult and leading to a risk



#### CHRONIC BRONCHITIS BY AGE



#### EMPHYSEMA BY AGE

### SMOKING IS THE #1 CAUSE OF COPD

Other causes:

- Secondhand smoke
- Work-related exposure to chemicals and dusts, such as coal dust or asbestos
- Indoor air pollution from fuels used for cooking and heating in poorly ventilated homes
- Genetics
- Excessive childhood respiratory infections

#### COMMON COPD SYMPTOMS

SHORTNESS OF BREATH  
FREQUENT COUGH  
COUGH WITH MUCUS  
FREQUENT COLDS  
NOSE AND THROAT INFECTIONS  
FATIGUE  
BLUE LIPS OR FINGERNAILS



COPD is a long-term disease that doesn't go away and usually gets worse over time. That's why it is important for you to seek out a health-care provider who can work with you to improve your breathing. Learn more by going to

[www.chestnet.org/copdinfo](http://www.chestnet.org/copdinfo)