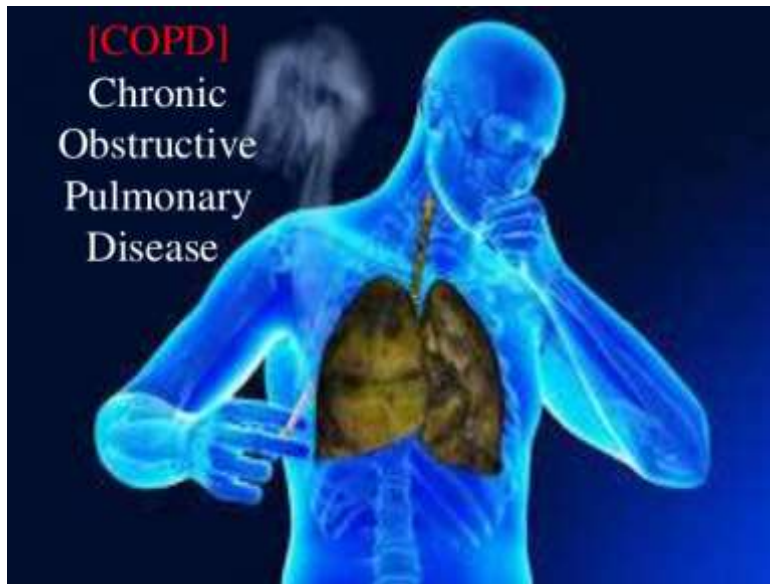
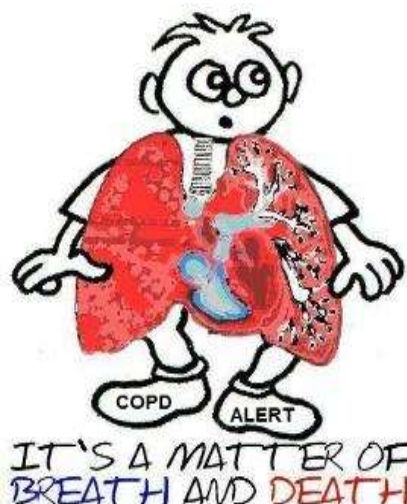


Chronic Obstructive Pulmonary Disease (COPD)

ABOUT CHRONIC OBSTRUCTIVE PULMONARY DISEASE



Chronic obstructive pulmonary disease (COPD) is a type of obstructive lung disease characterized by long-term breathing problems and poor airflow. COPD is a progressive disease, meaning it typically worsens over time. It is generally an underdiagnosed condition. **Chronic bronchitis** and **emphysema** are older terms used for different types of COPD. The term "chronic bronchitis" is still used to define a productive cough that is present for at least three months each year for two years.



SIGNS AND SYMPTOMS

- shortness of breath,
- a productive cough,
- wheezing,
- chest tightness, and

- excessive sputum production

These symptoms are present for a prolonged period of time and typically worsen over time. Symptoms may be similar to those of heart failure and pneumonia.

RISK FACTORS

- Tobacco smoking (including second hand smoking/ passive smoking)
- Exposure to air pollution due to poorly vented heating and cooking spaces
- Occupational exposure to pollutants
- History of asthma
- Genetics
- Age

Long-term exposure to these irritants causes an inflammatory response in the lungs, resulting in narrowing of the small airways and breakdown of lung tissue. The diagnosis is based on poor airflow as measured by lung function tests. In contrast to asthma, the airflow reduction does not improve much with the use of a bronchodilator.

PREVENTION

Most cases of COPD are potentially preventable through

- decreasing exposure to smoke and improving air quality,
- pneumococcal vaccinations,
- eating a diet high in beta-carotene (an organic, strongly coloured red-orange pigment abundant in plants and fruits), and
- exercising.

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