

LEARN ABOUT

CHRONIC OBSTRUCTIVE PULMONARY DISEASE



HEALTH
Department

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

What is it?

- Chronic Obstructive Pulmonary Disease is a group of lung diseases that make it hard to breathe and get worse over time
- The two most common types are emphysema and chronic bronchitis
- There is no cure, but can be treated

Symptoms

People with COPD may have:

- A cough that won't go away or coughing more than normal
- Wheezing is a whistling sound when breathing
- Trouble breathing when doing regular activities
- Hard time taking deep breaths
- A lot of mucus in the throat

Problems it Can Cause

COPD can make it hard to:

- Work or do regular activities
- Walk or climb stairs
- Focus, remembering things, or making choices

People with COPD may also have other health problems like asthma, heart disease, or diabetes

- Feel sad or have other mental health issues

Causes and Risks

- Smoking or past smoking increases your risk for COPD
- Other risks include secondhand smoke, polluted air, family history, and asthma
- To lower risk, don't smoke, avoid smoke, and stay away from polluted air