

COPD Awareness Month

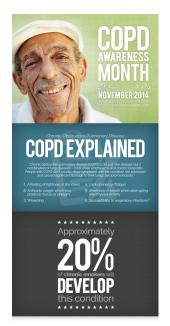
by NEWLIFEOUTLOOK TEAM

Causes and Prevention of COPD

COPD is a lung disease that makes it difficult to breathe because airways are clogged, inflamed, or damaged. It causes a chronic cough and fatigue and is most common in people who have smoked for a long time. However, a number of other factors could lead to the lung damage that causes COPD.

An exacerbation, or a sudden worsening of symptoms, of COPD can be very dangerous; COPD is the third leading cause of death in America.

The good news is that COPD is preventable in most people. Quitting smoking, or never starting, is the best way to increase your chances of avoiding it. Read our COPD awareness infographic below to learn more about common symptoms of COPD and what you can do to prevent damage to your lungs.



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