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.


COPD
AWARENESS
MONTH
NOVEMBER 2014
http://copd.newlifeoutlook.com
Chronic Obstructive Pulmonary Disease
COPD EXPLAINED
Chronic obstructive pulmonary disease (COPD) is not just one disease, but a combination of lung diseases – most often emphysema and chronic bronchitis. People with COPD don't usually show symptoms until the condition has advanced and caused significant damage to their lungs. Symptoms include:
1 A feeling of tightness in the chest
2 A chronic cough, which may produce mucus or phlegm
3 Wheezing
4 Lack of energy/fatigue
5 Shortness of breath when attempting any physical activity
6 Susceptibility to respiratory infections
Approximately
20%
of chronic smokers will
DEVELOP
this condition
ASIDE FROM CIGARETTES, WHAT ARE THE
CAUSES OF COPD?
Extended exposure to second-hand cigarette smoke, cigar and pipe smoke, air pollution, dust, fire smoke and fumes from chemicals can also cause the damage that leads to COPD.
Aproximately
27.5
MILLION
Americans have been diagnosed with COPD
COPD is the
THIRD
leading cause of death in the USA, following only heart disease &
CANCER
FIRST THINGS FIRST
QUIT SMOKING
The best way to prevent COPD is to stop smoking, or never start. While quitting smoking is easier said than done, it is the most important change you can make to reduce your chance of developing COPD and other lung conditions, including cancer.
When you start on your journey towards being smoke-free, consider getting help from your doctor and joining a support program – this is a far more effective strategy than trying to quit cold turkey.
AN OUNCE OF
PREVENTION
Second hand
SMOKE
Avoid second-hand smoke whenever possible, and make sure no one ever smokes inside your home or car.
Harmful
CHEMICALS
If you must use strong chemical products like cleaning supplies or paints, open windows, use an exhaust fan and wear a mask.
Workplace
SAFETY
If fumes, dust, gases etc. are common in your workplace, always take the recommended safety precautions seriously.
LIVE AIR FRIENDLY
Do your part to reduce air pollution and encourage others to do the same. Walk, bike or use public transportation whenever possible, avoid burning wood or trash, and avoid using gas-powered yard equipment.
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http://copd.newlifeoutlook.com
NOTICE: If you think you may have COPD, talk to your doctor.
Resources
i http://www.mayoclinic.org/diseases-conditions/copd/basics/definition/con-20032817
ii http://www.mayoclinic.org/diseases-conditions/copd/basics/symptoms/con-20032017
iii http://www.mayoclinic.org/diseases-conditions/copd/basics/causes/con-20032017
iv http://www.lung.org/lung-disease/copd/resources/fact-figures/COPD-Fact-Sheet.html
v http://www.lung.org/healthy-air/outdoor/protecting-your-health/protecting-yourself/