

Presenting Organization

- Event Name
- Event Date
- Presenter Name, Title

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Today's Session Will Cover

- Definition of COPD
- How COPD affects breathing
- Symptoms of COPD
- How you can find out if you are at risk
- Talking to your doctor
- Getting on the road to better lung health
- Resources

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What is COPD?

- **Chronic Obstructive Pulmonary Disease**
- Serious lung disease that over time makes it hard to breathe
 - Emphysema
 - Chronic Bronchitis
- Blocked (obstructed) airways make it hard to get air in and out

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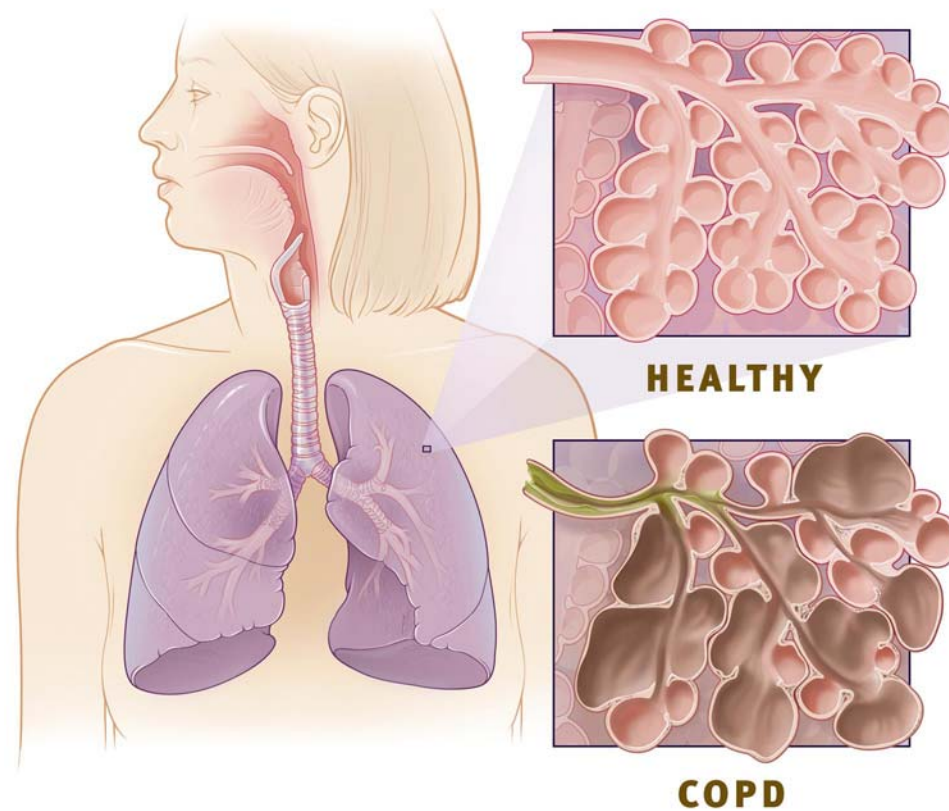
Did You Know?

- 4th leading cause of death
 - Kills more than 120,000 people per year
- 2nd leading cause of disability
- 12 million+ have COPD
- Another 12 million may have it but don't know it

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How Does COPD Affect Breathing?



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What Are the Symptoms?

- Coughing - “smoker’s cough”
- Shortness of breath
- Excess sputum or phlegm
- Feeling like you can’t breathe
- Can’t take deep breath
- Wheezing

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Symptoms

When it's hard to breathe, it's hard to do anything

- People with COPD:
 - avoid activities that they used to do more easily
 - limit activity to accommodate shortness of breath and other symptoms. Some activities include:
 - Take elevator instead of stairs.
 - Park close by instead of walking.
 - Avoid shopping or other similar day-to-day tasks.
 - Stay home rather than go out with friends.

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Are You At Risk?

- Smoking
 - Most common cause, however, as many of 1 out of 6 people with COPD never smoked
- Environmental exposure
 - Chemicals, dusts, fumes
 - Secondhand smoke, pollutants
- Genetic Factor
 - Alpha-1 antitrypsin (AAT) deficiency

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Getting a Simple Breathing Test

- Talk with your doctor!
- Simple breathing test
 - Spirometry
- Quick and noninvasive
- Can tell if you have COPD and how severe it is

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Treatments Can Help

- Lifestyle changes
 - Quit smoking. It's never too late.
(www.smokefree.gov)
- Medications
- Pulmonary rehabilitation
- Physical activity training
- Oxygen treatment
- Surgery

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Start Today

- Talk with doctor about your risks, such as smoking and other exposures
- Tell your doctor about any symptoms
- Write down a list of questions

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There Are Many Things You Can Do

- Quit smoking—Many new options available from your doctor
- Avoid exposure to pollutants and secondhand smoke
- Visit your doctor regularly
- Follow treatment advice
- Get annual flu and pneumonia shots

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Common Myths— Don't Believe Them

- “My shortness of breath is just old age.”
- “There’s nothing my doctor can do except tell me to quit smoking.”
- “If I rest more, it will get better.”

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It All Begins With You

- Start today
- Be your own advocate—ask questions and seek information.

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or

NHLBI Health Information Center

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301-592-8573

TTY: 240-629-3255

Fax: 301-592-8563

E-mail: NHLBIinfo@nhlbi.nih.gov

Web site: www.nhlbi.nih.gov

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