

# Understanding COPD\*

## What causes COPD?

COPD is a lung disease that affects your breathing.

The main cause of COPD is smoking. Other things that may raise your chances of getting COPD include:

- Second-hand smoke (being around people who smoke)
- Dust or chemical pollution where you live or work
- Problems with lung growth as an infant or child
- Respiratory (ress-per-uh-tor-ee) infections...especially if you get them a lot



## What are some symptoms of COPD?

- Shortness of breath and/or frequent cough
- Mucus coming from the lungs and throat
- Wheezing and/or fatigue
- Lung infections, such as bronchitis (brank-eye-tis), more than once a year



## Did you know?

**If you smoke, quitting is the most important thing you can do. It may help to slow down your disease.**

Please talk to your healthcare practitioner (prak-tih-shun-er) for more information on managing COPD.

\*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pul-muh-nair-ee) disease, including chronic bronchitis (brank-eye-tis), emphysema (em-fuh-zee-muh), or both.

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