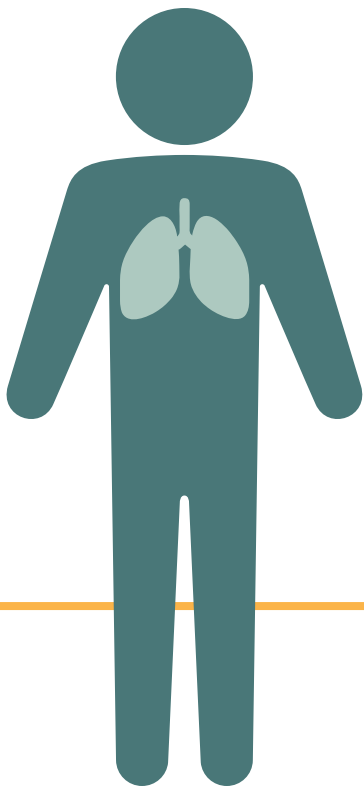


Approximately 24 million individuals in the U.S. suffer from COPD  
Source: COPD Foundation



## What is COPD?

COPD (chronic obstructive pulmonary disease) is an umbrella term used to describe progressive lung diseases, including: emphysema, chronic bronchitis or asthma. COPD makes it hard for air to travel through the airways in the lungs, thus making it difficult to breath.

## Common Causes of COPD:

- Cigarette smoking: main cause for COPD
- Environmental factors: fumes, dust, and chemicals found in many work places
- Genetics and family history:  $\alpha$ -1 antitrypsin deficiency
- External factors: secondhand smoke and pollution

## Common Symptoms of COPD:

Most people are at least 40 years old when they begin experiencing symptoms of COPD. These symptoms can include:

- Frequent coughing
- Tightness in the chest
- Increased mucus production
- Fatigue
- Shortness of breath

## Why is it important to diagnose COPD early?

COPD is a disease that becomes worse over time. Early screening can identify COPD before major loss in lung function occurs. Therefore, it is important to get diagnosed and start making lifestyle adjustments as soon as possible. A simple spirometry test can assess the level of airflow limitation and assist in the early detection of any chronic obstructive pulmonary disease.