

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. COPD affects the lungs and causes reduced airflow, which makes it hard to breathe. It is also progressive, which means it worsens over time. Each person is different, but with treatment, symptoms may improve. Your doctor can tell you what treatment is right for you.

Good to Know

Approximately 1 in 17 adults have COPD. Though COPD symptoms may develop slowly, over time most people with COPD develop many of these symptoms. COPD is a chronic disease, but your symptoms may vary from day to day. Certain COPD symptoms, like shortness of breath, affect everyone differently. That's why it's important to talk to your healthcare provider if you notice a change in any of the symptoms listed below.

When you have to work harder to breathe and find it hard to catch your breath. For more information contact: Dr. Margaret

Coughing can occur any time of the day or night. This is a result of air trying to flow through a narrow airway. You may hear a slight whistling or squeaky sound.

CHEST TIGHTNESS



The feeling that something heavy is sitting on your chest, restricting your breathing

