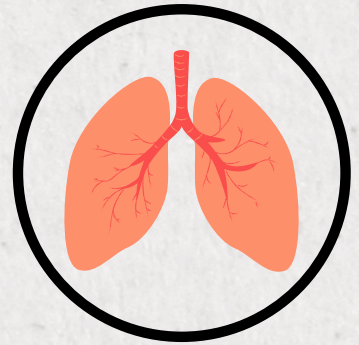


# COPD Care

## What is COPD?

**COPD, or Chronic Obstructive Pulmonary Disease, is a progressive lung disease that makes it difficult to breathe (NIH, 2024).**



## Symptoms of COPD?

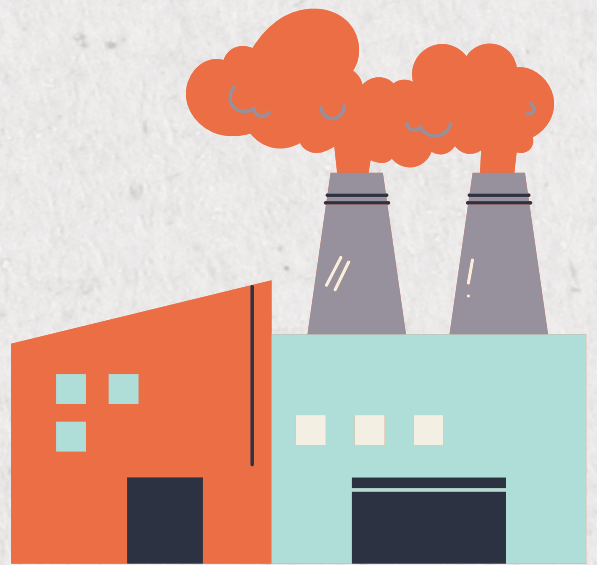
Damage from COPD can cause lung inflammation and excessive mucus. It also causes wheezing, chest tightness, and fatigue (NIH, 2024).



## Who is at risk for COPD?

Those most at risk for COPD include adults over the age of 40 who smoke and live in rural communities, particularly those with limited access to healthcare or with occupational exposure to dust and fumes.

Individuals with lower educational attainment are also disproportionately affected due to reduced awareness and preventive care access (NIH, 2024).



## Risk factors for COPD

One of the most common risk factors for COPD is cigarette smoking. Other contributors are long term-exposure to air pollution, dust, and chemical fumes. Smoking is a modifiable risk factor, but changing one's environment can be difficult (Mayo Clinic, 2024).

## COPD Treatment

There are many treatment options for those who have been diagnosed with COPD. The most important step is to quit all smoking. There are also medications such as bronchodilators, inhaled steroids, inhalers. If these options are not effective, surgery may be required (Mayo Clinic, 2024).

**COPD is the 4<sup>th</sup> leading cause of death worldwide (World Health Organization, 2024).**



## Lifestyle Changes

Healthy eating can strengthen the immune system and reduce inflammation, which helps protect the lungs from damage. A balanced diet rich in fruits, vegetables, and whole grains may lower the risk of developing COPD or slow its progression (CDC, 2024).



**If you live in a rural area and smoke or work around areas with smoke exposure, you could be at risk for COPD. Do not wait--talk to your doctor about your lungs, explore quit-smoking resources, and take the first step towards breathing healthy.**



# Are you at Risk for COPD?

Do you currently smoke or have you ever smoked?

Yes

No

Have you smoked regularly for more than 10 years?

Yes

No

Are you exposed to secondhand smoke, dust, or air pollutants?

You may be at risk for COPD

Yes

No

Do you experience frequent coughing, wheezing or shortness of breath?

Do you have a family history of COPD?

Yes

No

Yes

No

You may be at risk for COPD

Your risk for COPD may be lower, but it's still very important to monitor lung health



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