

What is COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a common term used to describe lung diseases generated from a blockage of air flow, such as emphysema and chronic bronchitis. It is the third leading cause of death in America and rates continue to increase, affecting millions of people each year.¹

What are the causes of COPD?

Cigarette smoking is the primary cause of COPD. Genetic factors and environmental pollutants, including air pollution, chemical fumes and second-hand smoke may also lead to development of COPD. Most people with COPD have been smokers or have been exposed to cigarette smoke during their lifetime.

What are the symptoms of COPD?

Common symptoms of COPD include, but are not limited to²

- Chronic cough (also known as smoker's cough)
- Chronic phlegm production
- Shortness of breath while doing things you used to be able to do
- Not being able to take a deep breath
- Wheezing

COPD develops slowly and worsens over time. Symptoms are often dismissed as consequence of aging or being out of shape, but this is not always the case.³

67.5% ADULTS IN

NEVADA

REPORTED

SHORTNESS OF BREATH
AFFECTED THEIR QUALITY OF
LIFE²

How does COPD affect your breathing?

When you breathe, air travels down your windpipe into airways that end in bunches of tiny air sacs. When you have COPD, these air sacs are diminished and lung function is reduced, with less air flowing in and out of the airways.

People with COPD experience diminished quality of life, disabilities, and higher rates of comorbidities than people without COPD.⁴

How is COPD diagnosed?

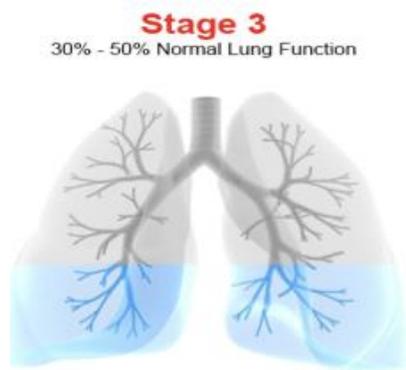
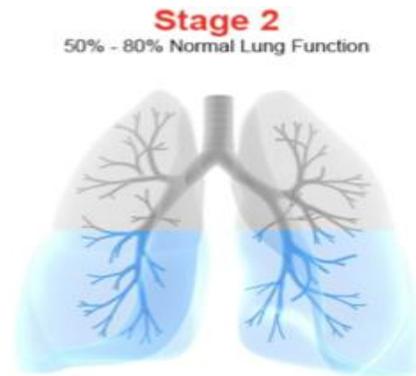
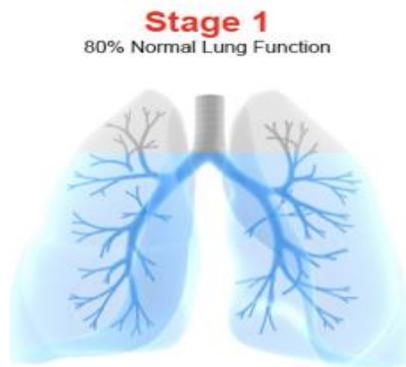
Spirometry is the breathing test most commonly used to diagnose COPD today.



Here is what to expect:

You will be asked to blow into a tube. While you blow out, the tube will measure your air quantity and speed, which your healthcare provider will use to analyze lung function. The severity of COPD is calculated to determine proper treatment, including medication if necessary. Medication may help manage and slow the progression, however, COPD often advances with time, even under management.

COPD has **four** stages of development



Treatment Options

Under the guidance of a healthcare provider, COPD treatment can alleviate symptoms. For individuals who use tobacco, cessation of all tobacco products will have the greatest effect. Avoiding tobacco smoke and removing other air pollutants from the patient's home or workplace are also important.

Treatments for COPD vary based on the individual and severity and should be decided upon with the advice of a healthcare provider. Medication may help manage symptoms such as coughing or wheezing. Pulmonary rehabilitation increases quality of life by teaching individualized management strategies such as breathing techniques, energy-conservation strategies, exercise training, and nutritional counseling.²

Influenza can greatly exacerbate the symptoms of COPD. Vaccination during flu season is recommended and respiratory infections should be treated with antibiotics, if appropriate. Patients who have low blood oxygen levels may be given supplemental oxygen.

COPD is Most Commonly Found in

- American Indian/Alaska Natives and multiracial non-Hispanics
- Women
- Current or former smokers²

More information about COPD, treatment and diagnosis, can be found at:

1. Pulmonary Clinic - VA Southern Nevada Healthcare System
https://www.lasvegas.va.gov/services/Pulmonary_Clinic.asp
6900 Pecos Rd RM 1A-130
North Las Vegas, NV 89086
Phone: (702) 791-9000
Toll Free: (888) 633-7554
2. Pulmonologists in Las Vegas – Pulmonology and Sleep
www.dignityhealth.org/.../nevada/services/pulmonology
10001 S. Eastern Avenue
Henderson, NV 89052
Phone: (855) 398-7865
3. Renown Pulmonary Medicine - COPD
www.renown.org/pulmonary
236 W. 6th Street, Suite 200
Reno, NV 89503
Phone (775) 982-5000

Online resources for further research:

1. American Lung Association
<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/>
2. Better Breathers Club | American Lung Association
www.lung.org Support and Community
3. COPD Foundation
www.copdfoundation.org
4. American Thoracic Society
www.thoracic.org/clinical/copd-guidelines/index.php
5. Global Initiative for Chronic Obstructive Pulmonary Disorder
www.goldcopd.org

If you are interested in quitting tobacco or even thinking about it, call today:
Nevada Tobacco Quitline
1-800-QUIT-NOW

References

1. National Center for Health Statistics. *Health, United States 2015 with Special Feature on Racial and Ethnic Health Disparities*. Hyattsville, MD: US Dept. Health and Human Services; 2016. Retrieved from (<http://www.cdc.gov/nchs/hus/>(<https://www.cdc.gov/nchs/hus/index.htm>)) Retrieved June 2017.
2. CDC.gov/COPD, 2016. Retrieved June, 2017.
3. Learn More Breathe Better® Campaign, www.nhlbi.nih.gov/health/health-topics/topics/copd/, Accessed June 2017.
4. COPD Surveillance—United States, 1999-2011 OPEN ACCESS Chest Journal July 2013, Vol 144, No. 1 Earl S. Ford, MD, MPH; Janet B. Croft, PhD; David M. Mannino, MD, FCCP; Anne G. Wheaton, PhD; Xingyou Zhang, PhD; Wayne H. Giles, MD