



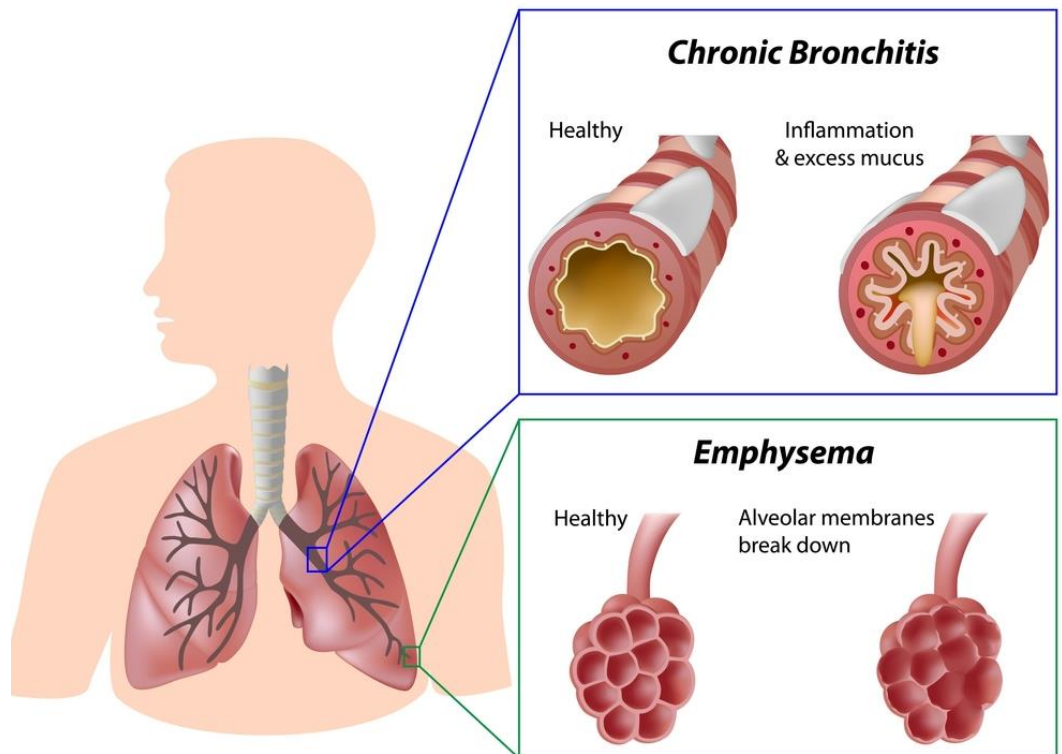
# COPD

## What is COPD?

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Although COPD is a progressive disease that gets worse over time, COPD is treatable. With proper management, most people with COPD can achieve good symptom control and quality of life, as well as reduced risk of other associated conditions.

### Conditions that Contribute to COPD

- 1. Chronic bronchitis** is inflammation (swelling) and irritation of the bronchial tubes. These tubes carry air to and from the air sacs in your lungs. The irritation of the tubes causes mucus to build up.
- 2. Emphysema** is a condition in which the air sacs (alveoli) at the end of the smallest air passages (bronchioles) of the lungs are damaged.



### Causes

The main cause of COPD in developed countries is tobacco smoking. In the developing world, COPD often occurs in people exposed to fumes from burning fuel for cooking and heating in poorly ventilated homes.



# COPD

## Risk Factors

- Exposure to tobacco smoke
- People with asthma
- Occupational exposure to dusts and chemicals
- Exposure to fumes from burning fuel
- Genetics

## Complications

- Respiratory infections
- Heart problems
- Lung cancer
- High blood pressure in lung arteries

## Symptoms

- ❖ Shortness of breath
- ❖ Wheezing
- ❖ Chest tightness
- ❖ Chronic cough
- ❖ Mucus (sputum) production
- ❖ Frequent respiratory infections
- ❖ Lack of energy
- ❖ Unintended weight loss (later stages)
- ❖ Swelling in ankles, feet and legs

## Diagnosis

To diagnose your condition, your doctor will review your signs and symptoms, discuss your family and medical history, and discuss any exposure you've had to lung irritants — especially cigarette smoke. Your doctor may order several tests to diagnose your condition. These tests could include PFT (pulmonary function test), Chest X-ray, CT scan, or Laboratory tests.

## Treatment

- ❖ Quit smoking
- ❖ Medication: Bronchodilators are medications that usually come in inhalers. They relax the muscles around your airways.
- ❖ Inhaled steroids
- ❖ Oral steroids (used short term)
- ❖ Lung Therapy:
  - a) Oxygen therapy
  - b) Pulmonary rehabilitation program