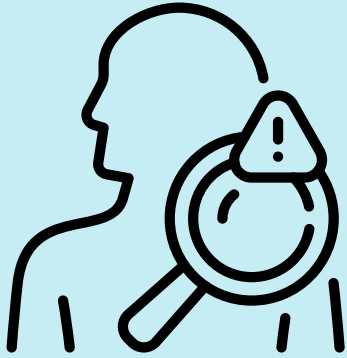


What is COPD?

COPD stands for
Chronic Obstructive Pulmonary Disease

What symptoms could I have?



- It feels hard to breathe in and out
- You cough more than before
- You cough up more mucus
- Your breathing sounds noisy
- Hard to take a deep breath

Does COPD get worse?

COPD affects everyone differently and can slowly limit daily activities. Medicine and healthy habits can help slow it. Tell your doctor about any changes.

What causes COPD?

- Smoking and vaping
- Lung irritants
 - Work or home chemicals
 - Secondhand smoke
- Uncontrolled asthma

How do I treat my COPD?

- Talk to your Doctor
- Quit smoking
- Join a lung exercise program
- Take your medicine on time, not just when you feel bad
- Stay away from things that bother your lungs
- Have a COPD action plan

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