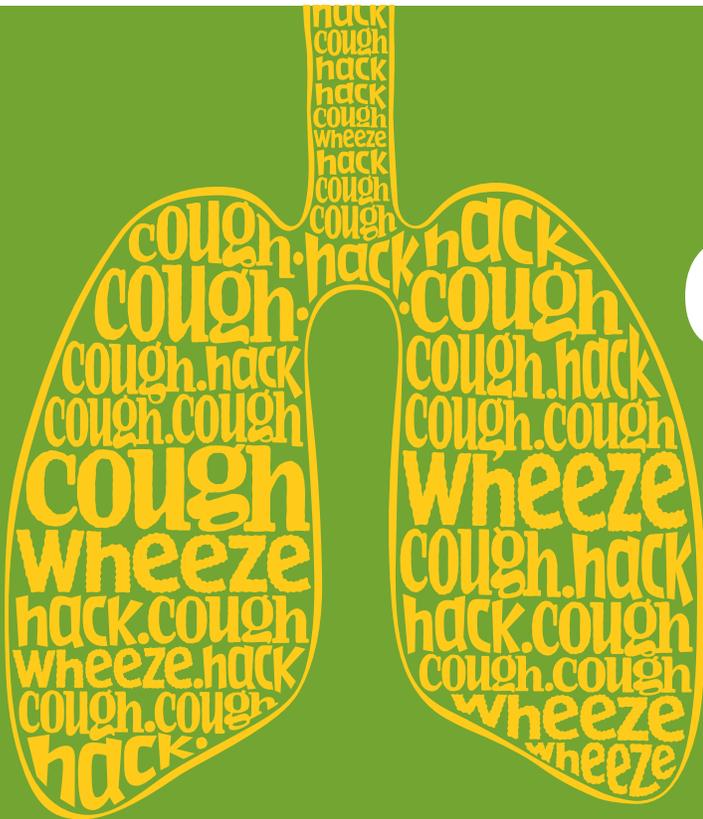


# COPD Learn More Breathe Better®

Are your lungs trying to tell you something?

COPD Learn More Breathe Better® is a trademark of HHS.



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## Did you know?

1. Chronic Obstructive Pulmonary Disease (COPD) is a serious lung disease that over time makes it hard to breathe.
2. COPD is more common than you think. It currently affects 1 in 5 adults in the United States over the age of 45.
3. Risk factors for COPD include: a history of smoking (current and former smokers), environmental exposure and certain genetic conditions.
4. Suffering from a chronic cough, hacking, wheezing and shortness of breathe during daily tasks are all symptoms of COPD.
5. Early diagnosis & treatment make a better quality of life possible.

## Learn More

- Visit us at [COPD.nhlbi.nih.gov](http://COPD.nhlbi.nih.gov) to learn more about COPD
- Like us and join the community on Facebook: [facebook.com/breathebetter](https://facebook.com/breathebetter)
- Be a part of the conversation on Twitter @BreatheBetter and tweet #BreatheBetter2012

## Breathe Better

Talk to your health care provider about your symptoms or the symptoms of your loved ones.



U.S. Department of Health and Human Services  
National Institutes of Health



National Heart  
Lung and Blood Institute  
People Science Health

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