

WHAT YOU SAY MAKES A DIFFERENCE



COPD mortality is rising; it's a leading cause of death in the United States. But, early diagnosis and aggressive management can improve quality and length of life for patients.

LOOK for COPD in patients 40+ who have these risk factors:

- Persistent cough or progressive dyspnea
- Chronic cough or sputum production
- Decline in level of activity
- Shortness of breath with or without symptoms of cough or sputum production

TALK with symptomatic patients to learn more about a history of:

- Smoking
- Environmental or occupational exposure to irritants
- Genetic factors

While COPD is more likely among former and current smokers, as many as one out of four Americans with COPD has never smoked.



National Heart, Lung,
and Blood Institute

COPD
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TEST or refer for spirometry to determine severity. Spirometry with bronchodilator testing may distinguish COPD from asthma.

A criterion for COPD diagnosis is a post-bronchodilator $FEV_1/FVC < 0.7$.

TREAT from the range of effective therapies, including recent advances. Pro-active treatment can improve quality of life for patients with COPD.

Self-Management Education and Smoking Cessation

Bronchodilators

Inhaled Corticosteroids

Pulmonary Rehabilitation

Oxygen

Surgery

INCREASING SEVERITY

While 16 million Americans are diagnosed with COPD, research shows that many do not get optimal treatment. Several millions more may have the disease and remain undiagnosed.

Learn more at
COPD.nhlbi.nih.gov

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