

# COPD (Common Obstructive Pulmonary Disease)



COPD is a chronic inflammatory lung disease that obstructs the flow of air from the lungs and is an umbrella term to describe chronic bronchitis, emphysema, etc. COPD is the second leading cause of death in India. Common preventable risk factors are smoking, traditional stoves using firewood, charcoal, mosquito coil, dhoop batti, incense sticks, Occupational exposure, crackers.

## What is COPD?

**Chronic** = long-term condition and does not curable

**Obstructive** = your airways partially blocked and narrowed, so it's harder to breathe out quickly

**Pulmonary** = your lungs

**Disease** = a medical condition.

COPD is a lung disease that may be serious and may progress over time. It can make it difficult to breathe and get enough oxygen into the body and carbon dioxide out of the body.

Two lung conditions of COPD

Long-term bronchitis – when airways are inflamed and narrowed, often producing sputum or phlegm.

Emphysema – when the tiny air sacs at the end of the airways break down making the lungs baggy and full of bigger holes which trap air.

Common COPD symptoms

Shortness of breath

Frequent cough that lasts a long time

Cough with mucus

Frequent infections

Fatigue.

## What is Lung attack

Lung attack (exacerbation of COPD is a worsening or “flare up” of your COPD symptoms.

In many cases lung attack is caused by an infection in the lungs, but in some cases, the cause is never known.

### Signs and symptoms of lung attack

More breathless than usual  
less energy for my daily activities  
Increased or thicker phlegm/mucus  
Using quick relief inhaler/nebulizer more often  
Swelling of ankles more than usual  
More coughing than usual  
Poor sleep and my symptoms woke me up  
My appetite is not good.

### How can I prevent lung attack?

If you smoke, get help to quit.  
Avoid being around others with colds or the flu  
Use good handwashing to help avoid infection.  
Get the flu vaccine (shot) every year.  
The flu shot has been shown to help prevent exacerbations.  
Adhere to regular medications.  
There are many reasons for lung diseases. Let's take a look at **preventive measures** to keep ourselves safe and healthy.

- Quit smoking
- Avoid Secondhand smoking
- Limit exposure to Outdoor pollution
- Reduce Indoor pollution
- Use protective gear – mask for instance
- Exercise and Reduce weight
- Breathing Exercises, Yoga
- Healthy eating habits (food rich in antioxidant), avoiding junk