



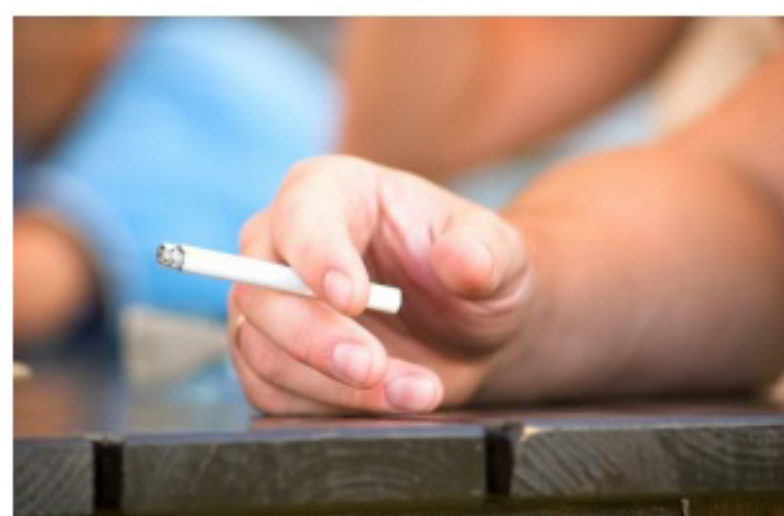
TEACHERS HEALTH TRUST
For Teachers By Teachers



WHAT IS COPD?

Here's to Health

Chronic Obstructive Pulmonary Disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema, chronic bronchitis, and in some cases, asthma. According to the COPD Foundation, 24 million people in the United States are affected by COPD, and more than half are experiencing symptoms without even knowing it!



What causes COPD?

According to the Centers for Disease Control (CDC), in the United States, tobacco smoke is one of the key factors in the development and progression of COPD. That includes smoking cigarettes, cigars and pipes. Additional causes include: exposure to air pollutants in the home and workplace, including second hand smoke; genetic factors; and respiratory infections.



Signs and Symptoms of COPD

The National Heart, Lung and Blood Institute explain the signs and symptoms as:

- An ongoing cough or a cough that produces a lot of mucus
- Shortness of breath, especially with physical activity
- Wheezing - a whistling or squeaky sound when you breathe
- Chest tightness

If you experience any of the above signs and symptoms, please make an appointment with your healthcare provider as soon as possible.

HERES TO HEALTH!