

COPD and Smoking

What is COPD?¹

COPD (chronic obstructive pulmonary disease) is damage to the lungs that makes it hard to breathe.

Most people with COPD have both:

- Chronic bronchitis - airways are swollen with a lot of mucus
- Emphysema - air sacs in the lungs are floppy and make it hard to catch your breath

Signs of COPD

Early signs may include:^{1,2}

- Lots of mucus, often in the morning
- Nagging cough (smoker's cough)
- Hard to catch your breath, mostly when active
- Wheeze or whistle when you breathe
- Chest tightness
- Lung issues, like getting a cold or flu a lot

When COPD is worse, you may have:¹

- Blue or gray lips or fingernails
- Weight loss
- Fast heartbeat
- Trouble catching breath or talking



Living with COPD²

There is no cure for COPD, but these things can help you feel better:

- Avoid dust, chemicals, and smoke
- Talk with a doctor about:
 - » COPD meds
 - » Exercise and diet
- Ask for help with daily tasks
- Stay away from secondhand smoke
- If you smoke, stop!

Why Quit Smoking³

You can't get rid of COPD, but quitting can:

- Stop COPD from getting worse
- Help with shortness of breath, coughing, sinus issues, and feeling tired
- Allow lungs to work better

**Call for FREE help to quit smoking!
1-800-300-8086**

¹ NIH. (2018) COPD.

² CDC. (2018) Smoking and COPD.

³ National Emphysema Foundation. (2018) The Benefits of Quitting Smoking.