

COPD* and Other Conditions



How does COPD affect you?

When you have COPD, you may have other health conditions, too:

- Heart disease, including congestive heart failure
 - Can cause fluid to build-up in the lungs and the rest of the body
 - May cause swelling in ankles, legs, and belly
- Osteoporosis (ahs-tee-oh-puh-roh-sis), which can cause bone loss and weak bones

COPD can also lead to other problems:

- Increased risk for other diseases, such as lung cancer
- Trouble sleeping. This is because COPD affects your breathing and lessens the amount of oxygen (ocks-ih-gen) in your body
- Feeling depressed. This is because COPD can affect your activity levels and increase worry

Did you know?

Your healthcare practitioner (prak-tih-shun-er) can help you with any symptoms or concerns you may have.

*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pul-muh-nair-ee) disease, including chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

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