

# Understanding and Living With COPD\*



## What is COPD?

COPD is a lung disease, which causes problems with your breathing.

### COPD breakdown

**Chronic** = long lasting and doesn't go away

**Obstructive** = partly blocks the flow of air from the lungs

**Pulmonary** = has to do with the lungs

**Disease** = a sickness

COPD is not just one disease. It is a group of different lung diseases, including chronic bronchitis (brank-eye-tis) and emphysema (em-fuh-zee-muh). You may have one of these diseases, or you may have both.

## Living with COPD

When your doctor says you have COPD, you may feel scared and confused. But you are not alone.



Doctor portrayal

### Did you know?

**More than 12 million American adults have COPD. About 12 million more Americans have it, but do not know it.**

COPD cannot be cured, but it can be managed and treated. To learn more about living with COPD, ask your healthcare practitioner (prak-tih-shun-er).

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

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