

Understanding COPD*

What causes COPD?

COPD is a lung disease that affects your breathing.

The main cause of COPD is smoking. Other things that may raise your chances of getting COPD include:

- Second-hand smoke (being around people who smoke)
- Dust or chemical pollution where you live or work
- Problems with lung growth as an infant or child
- Respiratory (ress-per-uh-tor-ee) infections...especially if you get them a lot



What are some symptoms of COPD?

- Shortness of breath and/or frequent cough
- Mucus coming from the lungs and throat
- Wheezing and/or fatigue
- Lung infections, such as bronchitis (bronk-eye-tis), more than once a year



Did you know?

If you smoke, quitting is the most important thing you can do. It may help to slow down your disease.

Please talk to your healthcare practitioner (prak-tih-shun-er) for more information on managing COPD.

*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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