
What is COPD?

Chronic Obstructive Pulmonary Disease (**COPD**), is a term used to describe progressive lung disease, including emphysema and chronic bronchitis.

Chronic: *It Doesn't Go Away*
Obstructive: *Partially Blocked*
Pulmonary: *It's in the Lungs*
Disease: *It's an illness.*

The common characteristics of COPD is trouble breathing (shortness of breath) and/or a cough that doesn't go away.

Not Just Smokers Get this Disease.

Although smoking accounts for 80-90% as the main cause of COPD, some people with the disease have never smoked.

Environmental and industrial pollutants, air pollution from some fuels used for cooking and heating in poorly vented dwellings, outdoor air pollution can also add to it although to what degree is unknown.

Early childhood respiratory infections are also associated with reduced lung function and increased respiratory problems in adulthood which can lead to COPD.

There also is a rare, inherited form of emphysema known as Alpha-1-antitrypsin deficiency.

YOU ARE NOT ALONE!

At least 750,000 people have been "diagnosed" in Canada and there's probably that many again who "haven't" been diagnosed. Are you one of them?

***Do Not Assume* your shortness of breath is due to your age, physical condition or weight.**

A simple non invasive test, called a Spirometry test, which measures your breathing (lung capacity), can diagnose COPD. ASK YOUR DOCTOR about this test; especially if you are, or were, a smoker.

- ♦ **Ask Questions**
- ♦ **Seek Answers**
- ♦ **Educate Yourself**

By doing so you will be able to help yourself, your family and your Doctor.

There are medicines (some old stand-by's and newer generation drugs) that can help control the symptoms of COPD. Don't suffer in silence.

Want to learn more about COPD or ways you can learn to live with, and take control of this disease?

And yes; it CAN be managed!

COPD Canada Patient Network
www.copdcanada.ca

A Registered Charitable Corporation made up of, and run by, Canadians with COPD.



We comply with the HONCode Standard for Trustworthy Health Information

Become a Member (FREE) and enjoy discounts, newsletters, monthly "AIRMail", the latest info and research, Share with others on the message Board/Forum.

YOU ARE NOT ALONE!

We're COPDer's Helping COPDer's, their caregivers & support people.

Have a COLLECTIVE voice!

JOIN US!!!

This disease can be managed....
but; you have to want to. It begins with learning as much as possible.
We hope that COPD Canada Patient Network will be your start.

Together We CAN!

- ⇒ **C**are
- ⇒ **A**dvocate
- ⇒ **N**etwork

www.copdcanada.ca



**Are You Short of Breath?
Perhaps You Cough a LOT?**

Don't "assume" it's your age, your weight, or being out of shape.

It Could Be COPD

