Chronic obstructive pulmonary disease (COPD) is a preventable, debilitating, and potentially life-threatening lung disease of airflow limitation characterized by persistent and progressive respiratory symptoms, chronic airway inflammation, and destruction of lung parenchyma.

**Prevention is Possible**

COPD by the Numbers

- COPD is the 3rd leading cause of morbidity and mortality worldwide
- COPD affects an estimated 175 million people worldwide
- Nearly 70 million women
- Nearly 105 million men
- COPD is responsible for approximately 3.2 million deaths each year worldwide.

**Risk Factors**

- Smoking Tobacco Products
- Age older than 40 years
- Alpha-1 Antitrypsin Deficiency
- Exposure to secondhand smoke
- History of allergy, asthma, nasal polyps, sinusitis, and severe respiratory infections in childhood
- Household air pollution
- Low birth weight
- Occupational exposure to pulmonary toxins
- Age older than 40 years

**Signs and Symptoms**

- Cough
- Dyspnea
- Regular sputum production

This infographic was created based on content found in Dynamic Health™, an innovative evidence-based information resource designed to help nurses and allied health professionals master critical skills, obtain fast, accurate answers to clinical questions, and foster a culture of evidence-based practice and critical thinking, leading to improved patient outcomes.

**Prevention**

**Primary Prevention**

- Don’t smoke or vape
- Reducing exposure to environmental pulmonary toxins
- Consuming a healthy diet

**Secondary Prevention**

- Smoking/Vaping Cessation
- Occupational Change to reduce Toxic Exposures
- Regular Aspirin Use (This may slow emphysema progression)

Learn more. Request a demo.