

Chronic Obstructive Pulmonary Disease (COPD)

Prevention is Possible



Definition

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.

COPD by the Numbers



COPD is the **3rd leading cause** of morbidity and mortality worldwide

COPD affects an estimated **175 million people** worldwide



Nearly **105 million** men



Nearly **70 million** women



COPD is responsible for approximately **3.2 million deaths** each year worldwide.

Risk Factors



Smoking Tobacco Products

40+

Age Older Than 40 Years



Alpha-1 Antitrypsin Deficiency



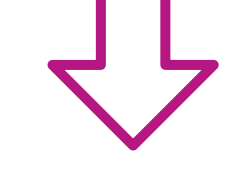
Exposure to Secondhand Smoke



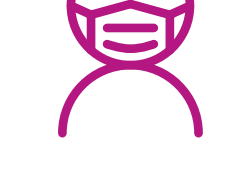
History of Allergy, Asthma, Nasal Polyps, Sinusitis, and Severe Respiratory Infections in Childhood



Household Air Pollution

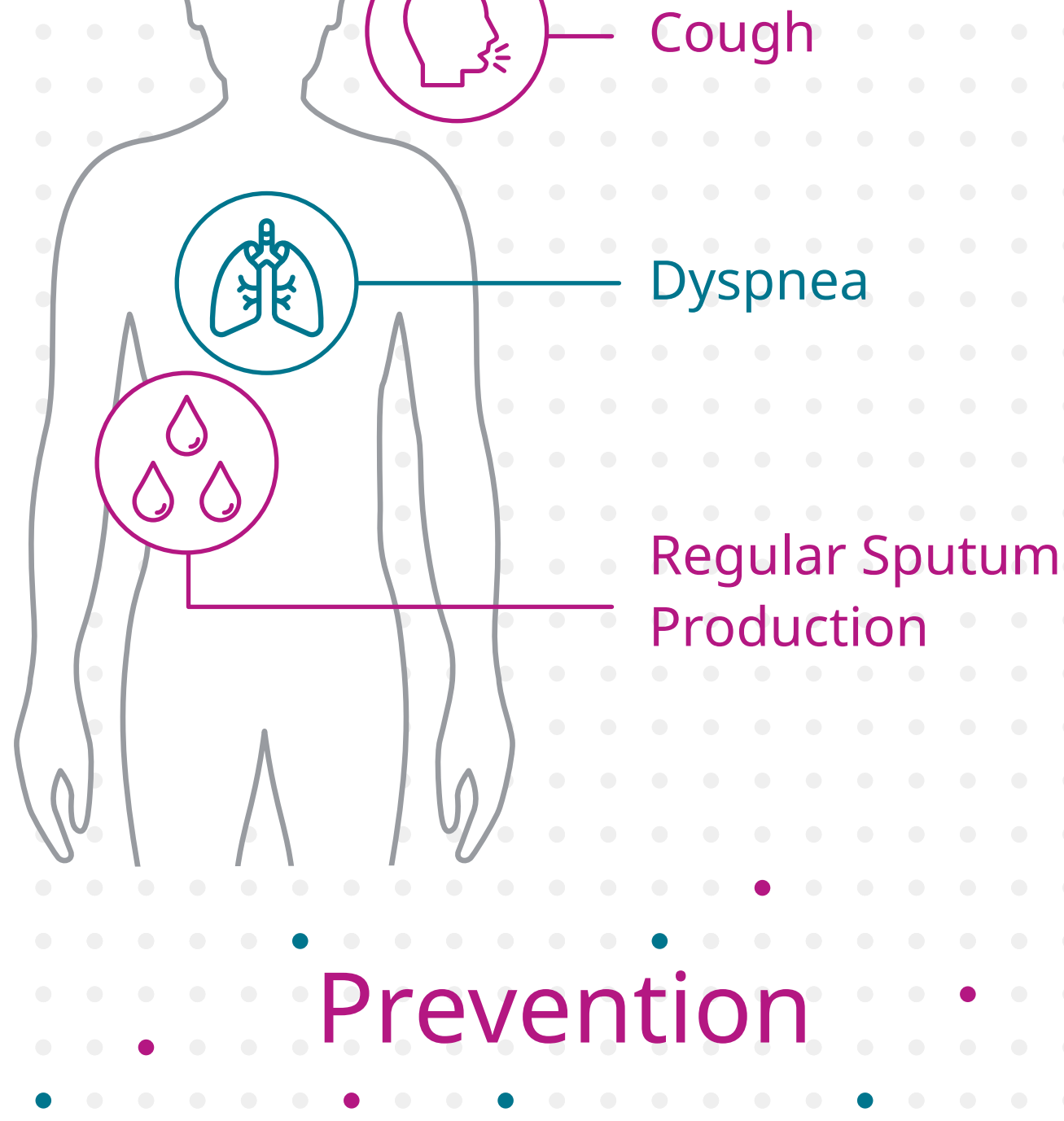


Low Birth Weight



Occupational Exposure to Pulmonary Toxins

Signs and Symptoms



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)

Like What You See?

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.

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