

# COPD and Smoking

## What is COPD?<sup>1</sup>

COPD (chronic obstructive pulmonary disease) is damage to the lungs that makes it hard to breath.

Most people with COPD have both:

- Chronic bronchitis - airways are swollen with a lot of mucus
- Emphysema - air sacs in the lungs are floppy and make it hard to catch your breath

## Signs of COPD

Early signs may include:<sup>1,2</sup>

- Lots of mucus, often in the morning
- Nagging cough (smoker's cough)
- Hard to catch your breath, mostly when active
- Wheeze or whistle when you breathe
- Chest tightness
- Lung issues, like getting a cold or flu a lot

When COPD is worse, you may have:<sup>1</sup>

- Blue or gray lips or fingernails
- Weight loss
- Fast heartbeat
- Trouble catching breath or talking



## Living with COPD<sup>2</sup>

There is no cure for COPD, but these things can help:

- Avoid dust, chemicals, and smoke
- Talk with a doctor about:
  - COPD meds
  - Exercise and diet
- Ask for help with daily tasks
- Stay away from secondhand smoke
- If you smoke, try to quit!

## Why Quit Smoking<sup>3</sup>

You can't get rid of COPD, but quitting can:<sup>3</sup>

- Stop COPD from getting worse
- Help with shortness of breath, coughing, sinus issues, and feeling tired
- Allow lungs to work better

**Call to Get FREE help to quit smoking today!  
English: 1-800-QUIT-NOW (1-800-784-8669)**

1. NIH. (2018) COPD.

2. CDC. (2018) Smoking and COPD.

3. National Emphysema Foundation. (2018) The Benefits of Quitting Smoking.