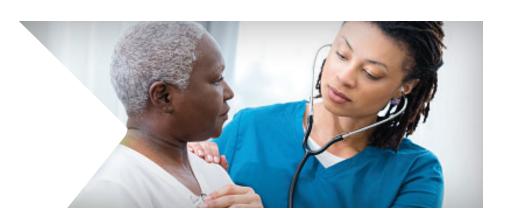


# Understanding Your Lung Health: COPD



#### What is COPD?

**Chronic Obstructive Pulmonary Disease**, or **COPD** is a group of lung diseases that make it harder to breathe and get worse over time. **Chronic bronchitis** and **emphysema** are the most common types of COPD.

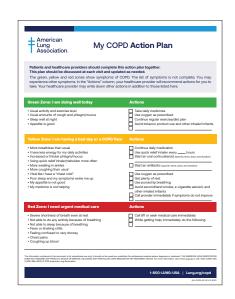
**Anyone can develop COPD**, but people aged 40 or older and people who smoke or used to smoke have a higher risk of developing the disease. Secondhand smoke, air pollution, workplace exposures to dust, fumes and chemicals, and a genetic condition called alpha-1 antitrypsin deficiency (AATD) are also causes and risk factors for COPD.

### Learn about COPD

When you are first diagnosed with COPD, it may be hard to know where to start your search for information. The Lung Association has the information and resources you need to manage, treat, find support and so much more! **Start your journey at Lung.org/COPD.** 

Our **Lung HelpLine** is staffed by expert registered respiratory therapists, registered nurses, and tobacco cessation counselors that can answer your lung health questions. **Contact the HelpLine for free at 1-800-LUNGUSA or Lung.org/Helpline.** 

**COPD Basics** is a free, interactive online program to help you understand COPD. The course is ideal for people living with COPD, especially



those with a new diagnosis. You will develop knowledge and skills to manage COPD, prevent and respond to exacerbations, and maintain a high quality of life while living with a chronic disease. **Take the course today at Lung.training.** 



# **Understanding Your Lung Health: COPD**

# **Find Support**

The American Lung Association can help you find a local support group, connect with others online, and get the tools you need to manage your COPD.

### **Patient Caregiver Network**

Join our nationwide, online support program that provides direct access to lung disease management tools, education, and a connection to others living with lung disease. Become a member at Lung.org/PCN.

#### **Better Breathers Clubs**

Attend an in person or virtual support group to learn ways to manage your COPD and get support from others. Find a Club in your community at Lung.org/better-breathers.



## Freedom From Smoking® Program

Freedom From Smoking is a virtual or in person tobacco cessation program that has helped more than a million Americans end their addiction to nicotine. Join today at Lung.org/FFS.

#### **Inspire Living with COPD Support Community**

Build your support network and connect with others living with COPD. Learn more about our online support communities at Lung.org/community.