

ANYONE CAN GET COPD

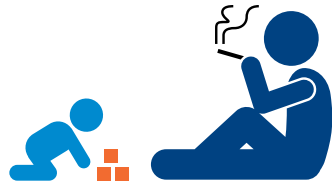
COPD Does Not Discriminate

There is a common misconception that chronic obstructive pulmonary disease (COPD) is “just a smoker’s disease,” but did you know that 1 in 4 people with COPD never smoked? ¹

COPD is one of the top four causes of death worldwide,² and anyone can get COPD. Here are a few things that put people at risk for COPD:

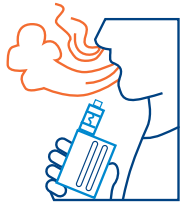
■ COPD can be related to early-life events:

- Premature birth
- Secondhand smoke
- Childhood asthma



■ COPD can be related to smoking:

- Tobacco smoke
- Secondhand smoke
- Vaping or e-cigarette use
- Cannabis (marijuana) use



■ COPD can be genetic:

- Alpha-1 antitrypsin deficiency
- Other genetic mutations



■ COPD can be related to infection:

- Childhood respiratory infections
- Pneumonia
- Tuberculosis
- Human Immunodeficiency Virus-associated COPD



■ COPD can be related to environmental factors:

- Gases and fumes from using fuel indoors without ventilation
- Wood smoke exposure
- Dust and fumes in the workplace
- Other indoor and outdoor air pollutants



If you or a loved one are having symptoms of COPD – like coughing (sometimes with mucus), wheezing, chest tightness, shortness of breath, and unusual tiredness – or have any of the above risk factors, talk to your health care provider. Getting early diagnosis and treatment is crucial to preventing or slowing the progression of COPD.



References:

1. Chronic Obstructive Pulmonary Disease (COPD). cdc.gov. Updated February 24, 2025. Accessed October 8, 2025. <https://www.cdc.gov/tobacco/campaign/tips/diseases/copd.html>
2. Chronic Obstructive Pulmonary Disease (COPD). WHO. Updated November 6, 2024. Accessed October 8, 2025. [https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-\(copd\)](https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd))