

COPD AND YOU

Early Diagnosis Can Slow Disease Progression

It is estimated that more than 400 million people worldwide live with chronic obstructive pulmonary disease (COPD).¹ More than 30 million people in the United States have COPD and half of them don't know it yet.²⁻⁴

While many are not diagnosed with COPD until age 40 or later, early signs of COPD can be found in adults as young as 20 years old. Here's the good news: If COPD is discovered and treated early, you can have fewer flare-ups and slow disease progression.⁵

Here's how you can lessen breathlessness and lung damage:



LOOK

■ Look for early symptoms of COPD. Common symptoms of COPD include:

- Coughing (sometimes with mucus)
- Shortness of breath
- Wheezing or noisy breathing
- Out of the ordinary tiredness
- Chest tightness



LISTEN

■ Listen to your body and your loved ones:

- Have friends or family noticed you coughing or having trouble breathing?
- Caregivers may be the first to notice COPD symptoms.
- It is easy to overlook mild COPD symptoms.

Don't dismiss your symptoms. When in doubt, check it out.



TAKE ACTION

■ Act quickly if you notice symptoms of COPD:

- Contact your health care provider as soon as you have symptoms.
- **Getting treatment early can help slow the progression of your COPD.**
- There are tests available to diagnose COPD.
- Spirometry testing is one way to tell if you have COPD. Spirometry is a breathing test that's fast, painless, and can be performed in a physician's office or hospital.



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