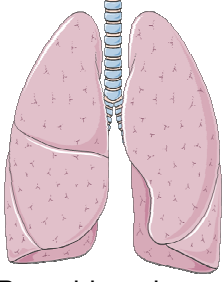
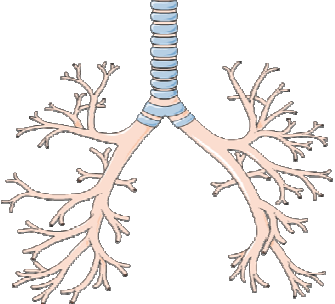
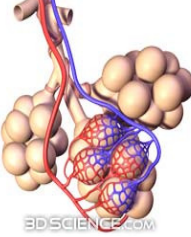

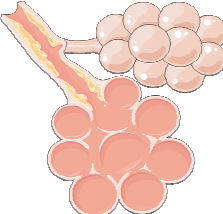
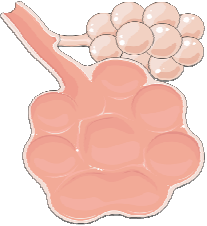


WHAT IS CHRONIC OBSTRUCTIVE PULMONARY DISEASE: (COPD)?

<p>Normal lungs have:</p>  <ul style="list-style-type: none"> • Branching airways • Millions of air sacs • A curved diaphragm 	<p>Airways:</p>  <ul style="list-style-type: none"> • Thin walls • Fine hairs (cilia) inside • Relaxed muscles • Little mucus 	<p>Air sacs:</p>  <ul style="list-style-type: none"> • Are elastic & inflate • Get oxygen into blood
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Long term irritation of the lungs (usually from smoking) causes inflammation & damage to the airways (chronic bronchitis) & air sacs (emphysema). If you have one or both of these conditions, you have COPD.

<p>With COPD:</p>  <ul style="list-style-type: none"> • Lungs overflow & this flattens the diaphragm • Breathing is harder 	<p>Chronic Bronchitis:</p>  <ul style="list-style-type: none"> • Thick walls, less cilia • Extra mucus is made • Sensitive to irritants • Muscle spasms • Breathing is harder 	<p>Air sacs:</p>  <ul style="list-style-type: none"> • Some air sacs are destroyed • Less oxygen gets into body • Less elastic in air sacs & airways flop closed • Breathing is harder
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SYMPTOMS OF COPD:

- Shortness of breath (worse with activity) & cough. Some people have extra phlegm that is harder to clear from the lungs. This makes chest infections more likely.
- Flare ups in your COPD symptoms can occur, caused by extra inflammation (redness & swelling) in the airways, either with or without a chest infection. When this happens, follow your Self-management plan & see your Dr immediately to start some treatment.

Early treatment = sooner recovery.