

Chronic Obstructive Pulmonary Disease ('COPD')



You have COPD when you have one or more of the following lung diseases:



Chronic bronchitis.



Emphysema.



Chronic asthma.

What causes COPD?



The main cause of COPD is smoking.



This is because smoking is bad for the lungs.



It is important to find out quickly so that your lungs do not get any worse.



If you have a 'smoker's cough', check with your doctor that it is only that.

The symptoms of COPD



Finding it hard to breathe when you exercise.



A cough that does not go away and phlegm or sputum (goey liquid from the throat).



Chest infections.



Stay away from:



Dusty places.



Smoky places.



Fumes, such as car exhausts.



COPD is a serious disease. It can kill you!

If you look after yourself you may live a longer and happier life.



For more information contact:

British Lung Foundation - www.blf.org.uk

03000 030 555 (Mon to Fri 10 am to 6 pm)