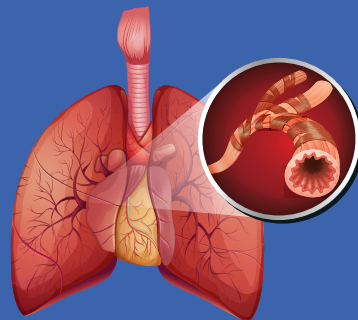




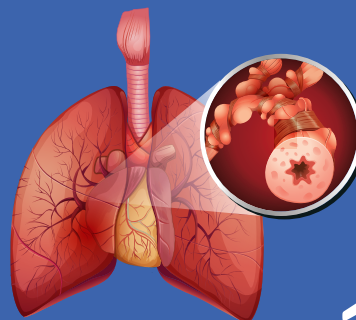
Chronic Obstructive Pulmonary Disease (COPD)

What is it?

COPD is a chronic inflammatory lung disease that causes airflow obstruction from the lungs.



**NORMAL
BRONCHIAL
TUBE**



**INFLAMED
BRONCHIAL
TUBE**

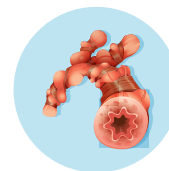
The two common types of COPD are **Chronic bronchitis** and **Emphysema**:

- 1** **Chronic bronchitis** is a continuous inflammation of the airway walls.
- 2** **Emphysema** involves damage to the air sacs in the lungs causing shortness of breath.

Causes



Long-term exposure to chemical fumes and lung irritants such as air pollution, dust, burning fuel and any form of smoke.



Airways slowly gets damaged from chronic irritation and inflammation.



Smoking of any form of substance is the leading cause of COPD.



Diseases such as uncontrolled Asthma.



Signs and symptoms

COPD is a progressive disease. Initially mild symptoms appear and worsen over the years.

| <i>EARLY STAGE</i> | <i>MODERATE STAGE</i> | <i>PROGRESSIVE STAGE</i> |
|--|--|---|
| <ul style="list-style-type: none">• Chronic cough• Chronic sputum production• Lung function still normal• No limitations in their ability to function | <ul style="list-style-type: none">• Exercise tolerance become impaired• Shortness of breath with exertion• Wheezing• Cyanosis (blue tinge to skin and tongue)• Lung function test deteriorates | <ul style="list-style-type: none">• Marked impairment to quality of life• Breathing difficulties, even at rest• Loss of appetite and weight• Decrease of muscle mass in limbs• Weakness• Later Cor-Pulmonale (right sided heart failure), as the heart tries to compensate and work harder |

LIFESTYLE CHANGES



Improve oxygen intake by eliminating tobacco smoking



Stay active to strengthen muscles



Vaccinate annually against infections such as pneumonia and influenza



Maintain a healthy weight

Medication

Chronic medication:

Bronchodilators with/without steroids as an inhaler
Home oxygen

Acute medication (rescue medication in case of a flare up):

Prescribed short course of steroids
Antibiotic therapy
Nebulising with a bronchodilator solution in a vapour form through a mask in combination with air or oxygen