

Focus On: Chronic Obstructive Pulmonary Disease (COPD)

COPD—or chronic obstructive pulmonary disease—is a lung disease that makes it hard to breathe.

Chronic bronchitis and emphysema are types of COPD.

In chronic bronchitis, the airways that carry air to the lungs get inflamed and make a lot of mucus.

This can narrow or block the airways, making it hard for you to breathe.

It can also make you cough.

In emphysema, the air sacs in your lungs are damaged and lose their stretch.

Less air gets in and out of your lungs, which makes you feel short of breath.

COPD is treated with medicines to help you breathe easier. Most COPD medicines are inhaled.

Some people also use oxygen therapy to help relieve symptoms.

Ask your doctor if pulmonary rehabilitation might be right for you.

It is a medically-supervised program that focuses on education, exercise, and support to help people with chronic lung disease improve their lung function.

To learn more about COPD, talk to your doctor.