

# Health Bulletin



## Take A Breather And Learn About COPD

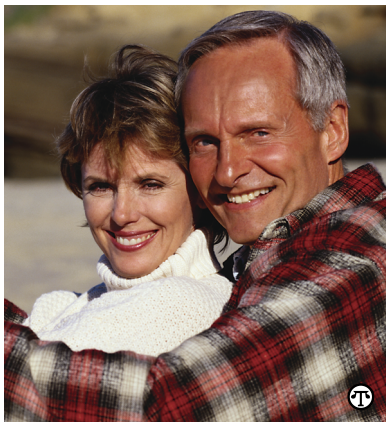
(NAPSA)—Do you find it hard to breathe? Are simple tasks like climbing the stairs, washing dishes or even getting dressed in the morning leaving you breathless? Have you ever smoked?

If your answer is yes, then you might be one of the millions of American adults living with a serious lung disease called COPD—which stands for chronic obstructive pulmonary disease.

COPD includes chronic bronchitis, emphysema or both. It is a growing health crisis and a major cause of disability and even death. In fact, more people die from COPD every year than from AIDS or breast cancer. Yet, unlike these diseases, most people have never heard of COPD.

“November is National COPD Awareness Month, and this is the perfect time to educate yourself about this disease and take action,” said Barbara Rogers, president and chief executive officer of the National Emphysema/COPD Association (NECA). “You need to recognize your symptoms—like shortness of breath, coughing and wheezing—and take them seriously. That’s why it’s important to learn more and talk to a doctor now.”

COPD most often occurs in people who smoke or used to smoke. The disease also can be caused by other things that irritate or damage the lungs such as chemical fumes and air pollution. Although the lung damage caused by COPD cannot be reversed, it can be treated. So talk to your doctor



**Simple, daily tasks can be difficult for people with COPD.**

today. And to learn more about COPD, visit [www.KnowCOPD.com](http://www.KnowCOPD.com). This Web site was made possible through support from Boehringer Ingelheim Pharmaceuticals, Inc. and Pfizer Inc.

### Things You Need To Know About COPD

- COPD is the fourth-leading cause of death.
- Of the top causes of death, only COPD is increasing.
- 24 million adults may have COPD, but only half know it.
- COPD rates are rising among women.
- Simple, daily tasks can be difficult for people with COPD.
- There is no cure for COPD, but it is treatable.



*Note to Editors: November is COPD month. However, the issues raised in this article can be of interest all year-round.*