



COPD: Another Reason To Quit

COPD is chronic obstructive pulmonary disease.

COPD is also called emphysema and/or chronic bronchitis.

COPD and Smoking

- COPD is usually caused by smoking
- Symptoms of COPD include chronic cough, shortness of breath, chest tightness, wheezing and an increase in the production of mucus
- A smoker is 10 times more likely to die of COPD than someone who doesn't smoke
- 80% to 90% of those who die from COPD-related deaths are smokers



COPD and Quitting

The benefits of quitting are big

- The single most important thing you can do to slow down the progression of COPD is to quit smoking
- No matter how long you have smoked, your health will get better when you quit
- After 1 to 9 months of smoking cessation, your coughing, sinus congestion, fatigue and shortness of breath decrease
- Quitting smoking has been shown to help people with COPD live longer