

Chronic Obstructive Pulmonary Disease (COPD)

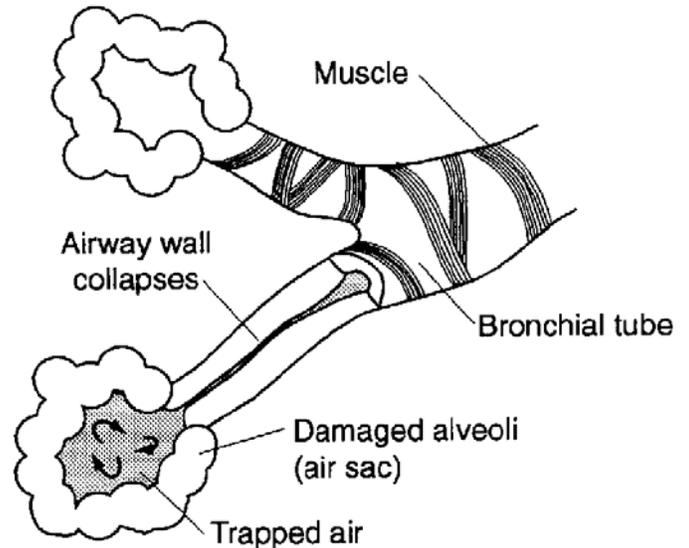
COPD is a term used to describe several diseases that block the flow of air leaving the lungs and airways as you breath out (exhale). Some of the most common diseases are:

- Asthma
- Chronic bronchitis
- Emphysema

You may have one or a combination of these diseases. Other less common types of obstructive diseases are:

- Cystic fibrosis
- Bronchiectasis

The respiratory system continually moves enough air in and out of your lungs to meet your body's needs. In each of these diseases, the flow of air out of the lungs is blocked. This causes stale air to become trapped in the lungs. The trapping of air makes it harder for the lungs to get enough oxygen out to the rest of the body. There is not a problem of getting enough air **in**, but rather of getting the air **out**.



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Learn more about your health care.

Symptoms

The symptoms of lung disease are:

- Coughing
- Wheezing
- Shortness of breath
- Too much mucus in the lungs

For some people, these symptoms are mild and do not cause serious breathing problems. For others, the symptoms can be serious enough to interfere with daily activities.

Treatment

There is no cure for lung disease. The damage lung diseases cause cannot be reversed. However, you can treat it, take charge of it and manage it. Proper medical treatment can slow the progression of the disease. Some patients may be treated with lung transplant. Please read other handout information given to you about the specific disease you have.

- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**