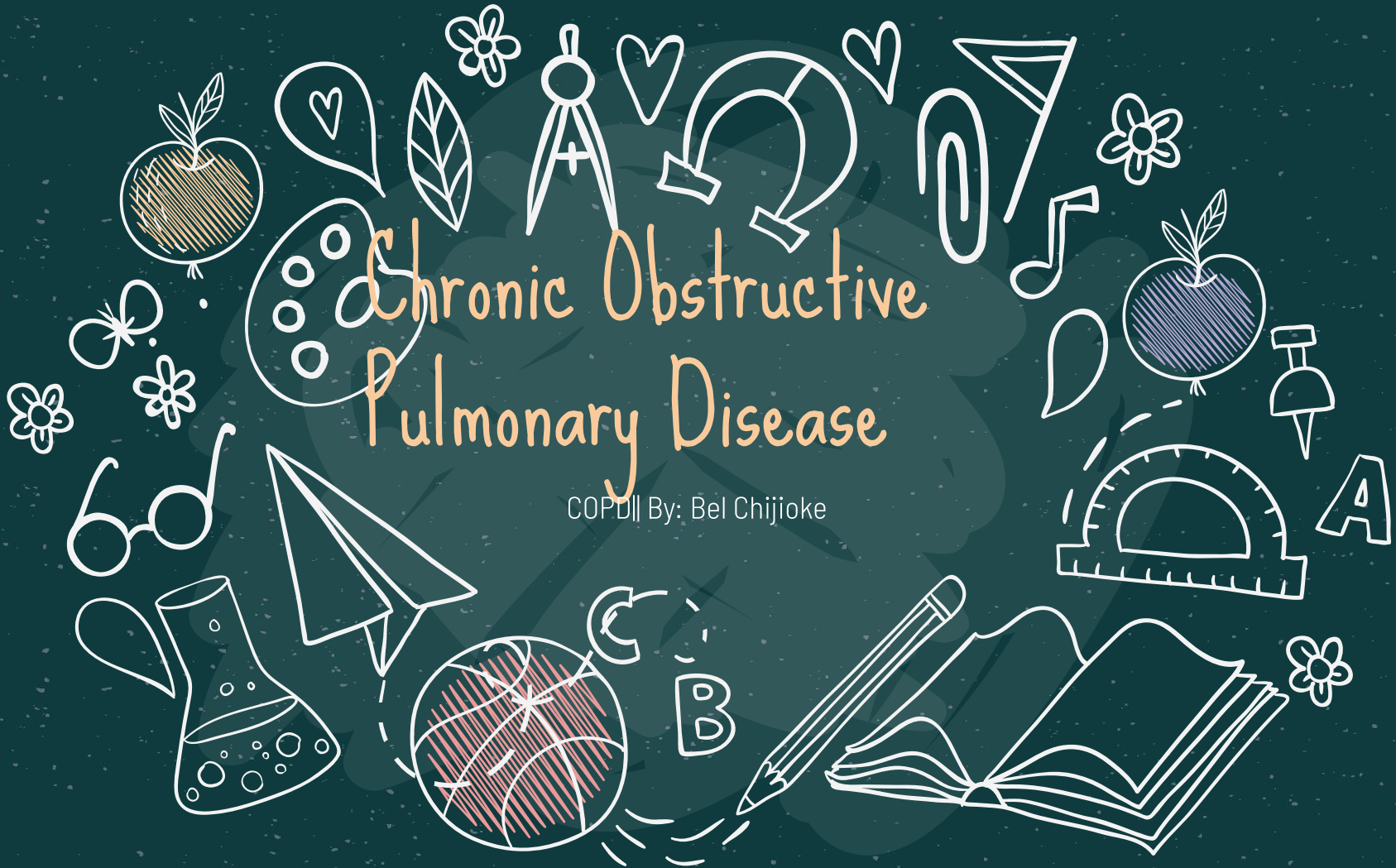


# Chronic Obstructive Pulmonary Disease

COPD|| By: Bel Chijioke



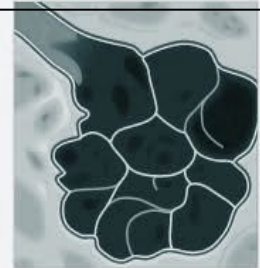
# Chronic Obstructive Pulmonary Disease

- ❑ A CHRONIC INFLAMMATORY LUNG DISEASE THAT CAUSE OBSTRUCTED AIRFLOW FROM THE LUNGS.
- ❑ A CONDITION INVOLVING CONSTRICTION OF THE AIRWAYS AND DIFFICULTY OR DISCOMFORT IN BREATHING.



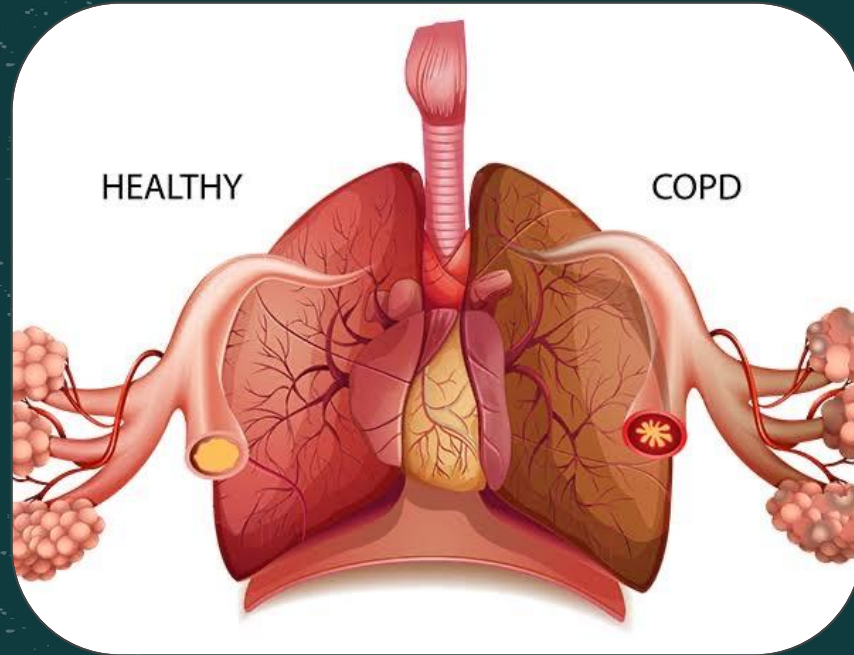
Healthy

## Air Sacs



Collapsed and weakened with excess mucus

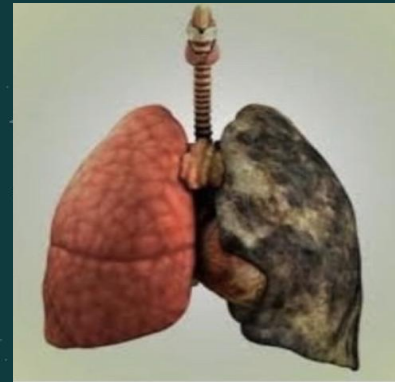
Organs that are affected: LUNGS



# How does the COPD affect your lungs?



- IT AFFECTS HOW YOU BREATHE.
- YOUR AIRWAY WALLS SWELL AND THICKEN, WHICH RESULTS IN NARROWING.
- THE AIR SACS (ALVEOLI) IN YOUR LUNGS LOSE THEIR ELASTICITY.
- LUNG TISSUE DIES OVER TIME.
- THE COLLECTION OF MUCUS IN YOUR AIRWAYS FURTHER BLOCKS THE FLOW OF AIR.



# How can a person obtain COPD?

COPD is likely to result from:

- ☐ CIGARETTES
- ☐ AIR POLLUTION
- ☐ CHEMICAL FUMES
- ☐ ASTHMA
- ☐ AAT DEFICIENCY

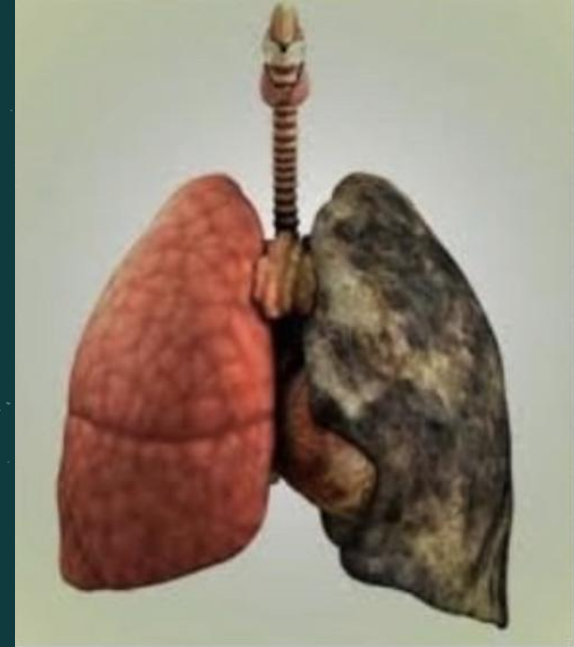




# How to detect COPD?



- ❑ COMMON SYMPTOMS
- ❑ DIFFICULTY IN BREATHING
- ❑ COUGH
- ❑ MUCUS INFECTION
- ❑ WHEEZING
- ❑ CHEST TIGHTNESS



## HOW TO PREVENT FROM COPD?

TOP SMOKING. NUMBER ONE, OF COURSE, IS TO ELIMINATE YOUR SMOKING RISK. IF YOU HAVE NEVER SMOKED, DON'T START. IF YOU ARE STILL SMOKING, STOP NOW. IF YOU HAVE TROUBLE STOPPING, ASK YOUR DOCTOR FOR HELP.

THERE ARE MANY EFFECTIVE MEDICATIONS AND SMOKING CESSATION PROGRAMS THAT WORK. AVOID OCCUPATIONAL EXPOSURES. "MINERS WHO WORK WITH CADMIUM AND GOLD HAVE AN INCREASED RISK OF COPD," SAYS WU. OTHER OCCUPATIONAL EXPOSURES LINKED TO THE CONDITION INCLUDE COAL DUST, CHEMICAL FUMES, CONCRETE DUST, MINERAL DUST, AND COTTON OR GRAIN DUSTS. ONE STUDY FOUND THAT OCCUPATIONAL EXPOSURES MAY CONTRIBUTE TO ABOUT 20 PERCENT OF COPD CASES.



# TREATMENTS:

- ❑ OXYGEN THERAPY - IS RECOMMENDED FOR USE IN PATIENTS WHOSE COPD IS CONSIDERED STAGE IV OR "VERY SEVERE" BASED ON THE AMOUNT OF OXYGEN IN THE BLOOD OR THE PRESENCE OF OTHER HEALTH CONCERNS SUCH AS PULMONARY HYPERTENSION OR CONGESTIVE HEART FAILURE.
- ❑ ANTICHOLINERGICS ARE BRONCHODILATORS MAINLY USED FOR TREATING COPD (CHRONIC OBSTRUCTIVE PULMONARY DISEASE, LIKE EMPHYSEMA) AND ASTHMA. ATROVENT TREATS COPD AND CAN BE USED OFF-LABEL TO TREAT ASTHMA FLARES. YOU CAN GET AN INHALER AND A NEBULIZER SOLUTION. DRY THROAT IS THE MOST COMMON SIDE EFFECT.





# SOURCES:

- ❑ [www.everydayhealth.com](http://www.everydayhealth.com)
- ❑ [www.copd.net](http://www.copd.net)
- ❑ <https://www.mayoclinic.org/>
- ❑ <https://www.webmd.com/asthma/guide>
- ❑ <https://emedmultispecialtygroup.com/>