

# COPD

## *Chronic Obstructive Pulmonary Disease*

### *COPD - Basics*

- Chronic respiratory disorder that progresses slowly, characterized by an obstructive ventilatory pattern, leading to chronic respiratory failure
- Irreversible airflow limitation during forced expiration
- A mixture of three separate disease processes (chronic bronchitis, emphysema and asthma) that together form the complete clinical picture

### *Symptoms*

- Chronic cough or sputum production, wheezing, shortness of breath
- Progressive exercise intolerance
- Frequent and recurrent pulmonary infections

### *Risk factors*

- Smoking, occupational factors, air pollution



### *Prevention strategies*

- Active smoking remains the main risk factor, therefore smoking cessation is key.
- Avoid environmental exposure to bacterial or fungal toxins, organic particles such as cotton or vegetable dust.
- Avoid industrial toxins from occupations such as mining, smelter plants and iron and steel industry, the wood industry and the building trade.
- Avoid exposure to pollution inside the home, in particular, exposure to smoke when cooking or to the method of heating in poorly ventilated housing.
- Antioxidants such as vitamins C and E, N-Acetyl L-Cysteine (NAC), as well as antioxidant-rich diet, were found to support healthy lung function and dramatically improve lung health.