

COPD:

Portraits of Lung Health at Any Age

Chronic obstructive pulmonary disease, or COPD, is a serious condition that makes breathing difficult. Follow these tips to bring your lung health into focus—at any age.



About 1 in 33
younger adults has COPD.

I'm in my 20s or 30s.

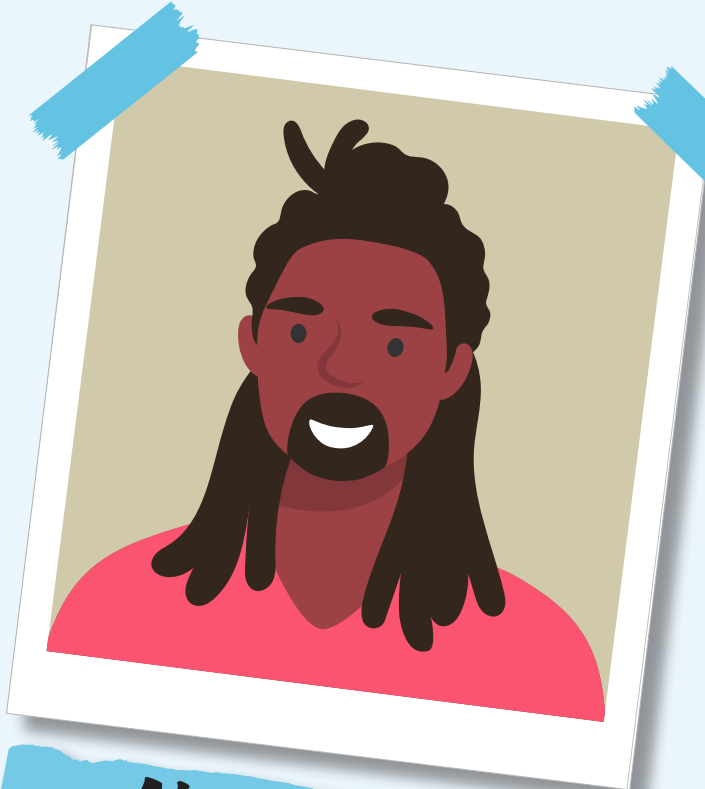
I look after my lungs by:

- **Not smoking**, because **75%** of people with COPD have a history of cigarette smoking
- **Avoiding exposure** to lung irritants like:
 - ▶ Air pollution
 - ▶ Chemical fumes
 - ▶ Dust from the environment or workplace
- **Talking to my doctor** about changes in my breathing

I'm in my 40s or 50s.

I maintain my lung health by:

- **Talking with my doctor** about:
 - ▶ My COPD symptoms:
 - Coughing
 - Wheezing
 - Chest tightness
 - Fatigue
 - Shortness of breath
 - ▶ My family history of COPD
 - ▶ Exposure to things like cigarette smoke and air pollution
- **Learning** how to manage COPD if I'm diagnosed
- **Asking for help** with quitting smoking



About 1 in 12
middle-aged adults has COPD.



About 1 in 7
older adults has COPD.

I'm over 60.

I manage my COPD by:

- **Sticking with** my treatment plan
- **Knowing** the benefits of:
 - ▶ Pulmonary rehabilitation
 - ▶ Good nutrition
 - ▶ Physical activity
- **Staying current** with flu, pneumococcal, and COVID-19 vaccines
- **Seeking help** to quit smoking to slow down my COPD