

# WHAT IS COPD?

COPD is a chronic respiratory disease that makes air flow in and out of the lungs difficult. It develops slowly but can have a major impact on quality of life.

## How does it affect the lungs?

- Obstruction of airflow.
- Destruction of the alveoli (small air sacs where oxygen exchange takes place).
- Inflammation and thickening of the bronchial tubes.
- Increased mucus production.

## COMMON SYMPTOMS OF COPD

- ✦ Chronic cough (often with productive mucus)
- ✦ Shortness of breath (dyspnoea) that worsens over time
- ✦ A feeling of tightness in the chest
- ✦ Fatigue and difficulty performing everyday activities

## MAIN RISK FACTORS

Smoking is the main cause of COPD, responsible for approximately 80-90% of cases.

🚭 Smoking: Main preventable cause. Responsible for 80-90% of cases

🏭 Exposure to environmental and occupational pollutants: Polluted air, chemicals or dust.

🧑 Genetic factors: Some people are more susceptible, even if they do not smoke.

## TREATMENT

The treatment approach includes providing personalised management according to the patient's requirements.

### INHALATORS / NEBULIZERS:

Help to open the airways.



### PULMONARY REHABILITATION:

Exercises and techniques to improve breathing.



### REGULAR MEDICAL MONITORING:

Work with your doctor and nurse to personalise your treatment.



### OXYGEN THERAPY:

Designed to maintain adequate blood oxygen levels to improve quality of life and overall health.



### SMOKING CESSATION:

Effective measures to mediate the course of the disease and improve quality of life from day one.

### AVOIDING SMOKING PLACES:

Minimise exposure to polluted environments.



### VACCINATION:

Against influenza, Covid-19 and pneumonia to prevent respiratory infections.

### STAYING ACTIVE:

Physical activity improves lung function (swimming, walking, etc.) adapted to your physical condition.



### BALANCED DIET:

Supports overall health and supports lung function.

### EMOTIONAL SUPPORT:

Seek emotional support if needed from personal (family, friends) and professional (psychologists) sources.



## PREVALENCE OF COPD IN EUROPEAN COUNTRIES

- Norway: 3.8%
- **Spain:** 11.8%
- Germany: 6.2%
- Austria: 5.4%



(Source: World Health Organisation, 2024)