

## Health Minute With Nurse Pam

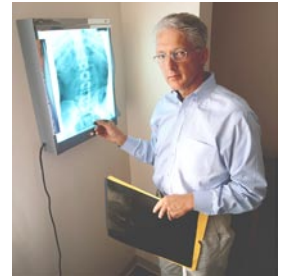
I recently had a question – **What is COPD?** Chronic Obstructive Pulmonary Disease



COPD is the main title for lung disease. From asthma to emphysema, COPD causes breathing difficulty. “COPD is the 4<sup>th</sup> leading cause of death in the USA. More than 12 million people are currently diagnosed with COPD & doctors believe another 12 million don’t even know they have it.” <http://newsinhealth.nih.gov>

People that suffer with COPD have difficulty with the tubes inside of their lungs. Basically these tubes become narrow or damaged over time which eventually causes difficulty breathing air in & out of the lungs. Sometimes the first sign of COPD might be shortness of breath or coughing up large amounts of mucous. Other first signs might include wheezing, a morning cough, or an ongoing cough.

It’s not unusual for one to ignore the first signs of COPD, because people commonly attribute symptoms to things such as; “I’m out of shape” or “I’m just getting old”. If symptoms persist, one should visit their family physician.



**Can you reduce your risk of developing COPD? YES!**

Don’t start smoking and if you are a smoker, stop smoking. Smoking tobacco products is a sure way to significantly increase your risk of developing COPD. However you don’t have to be a smoker to develop COPD. Unfortunately there are a few people who have never smoked a day in their life and they end up with COPD. However it goes without saying, living a healthy lifestyle is key to reducing your risk of developing any disease or illness.

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- \*Boxes of Kleenex
- \*Extra Large Baby Wipes
- \*BINGO prizes such as: Sugar-free candy, baseball caps, t-shirts, trinkets, water bottles, socks, cologne, perfumes, etc.



**Do you have health questions or concerns?**  
**Send Nurse Pam an e-mail:**  
**pbrammann@casiseniors.org**

**Jane’s Place**  
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