



A MINUTE OF HEALTH WITH CDC

Easy Breathing

Chronic Obstructive Pulmonary Disease Among Adults – United States, 2011

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This program is presented by the Centers for Disease Control and Prevention.

Chronic obstructive pulmonary disease, or COPD, is a major cause of death and disability in the US. COPD is a group of serious respiratory conditions that include emphysema and chronic bronchitis. A history of smoking is the most common cause. Symptoms include breathing problems and a persistent cough. COPD is diagnosed with a simple breathing test, known as spirometry. While there is no cure, it can be managed with breathing therapies, medications, and sometimes home oxygen. Smoking cessation is essential to prevent progression of COPD.

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