



A CUP OF HEALTH WITH CDC

Easy Breathing

Chronic Obstructive Pulmonary Disease Among Adults – United States, 2011

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

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Chronic obstructive pulmonary disease, or COPD, is a major cause of death and disability in the US.

Nicole Kosacz is a researcher with CDC's National Center for Chronic Disease Prevention and Health Promotion. She's joining us today to discuss COPD. Welcome to the show, Nicole.

[Ms. Kosacz] Thank you for having me.

[Dr. Gaynes] Nicole, what is COPD?

[Ms. Kosacz] COPD is the name for a group of diseases that make it difficult to breathe, including chronic bronchitis and emphysema.

[Dr. Gaynes] What causes COPD?

[Ms. Kosacz] COPD is mostly caused by smoking. There are some other pollutants, occupational exposures, maybe genetics that play a role, but the vast majority – 95 percent – of COPD cases are caused by smoking.

[Dr. Gaynes] What are the symptoms?

[Ms. Kosacz] Symptoms of COPD include wheezing, shortness of breath, what's known as a 'smoker's cough,' which is productive, as opposed to a dry cough.

[Dr. Gaynes] Nicole, how is COPD diagnosed?

[Ms. Kosacz] COPD can be diagnosed by your health care provider with a simple test called spirometry where you breathe into a tube.

[Dr. Gaynes] How is COPD treated?

[Ms. Kosacz] Well, while there's no cure for COPD, there are many ways to treat it. Smoking cessation is the most important, but also breathing therapies, called pulmonary rehabilitation, medication to manage symptoms, and also sometimes home oxygen.

[Dr. Gaynes] Where can listeners get more information about COPD?

[Ms. Kosacz] Listeners can go to cdc.gov/copd.

[Dr. Gaynes] Thanks, Nicole. I've been talking today with CDC's Nicole Kosacz about the common respiratory condition known as COPD.

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.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.