



A MINUTE OF HEALTH WITH CDC

Breathe Easy

*Chronic Obstructive Pulmonary Disease and Associated Health-Care
Resource Uses — North Carolina, 2007 and 2009*

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

Difficulty taking a breath can be a serious and scary situation. One of the most common causes of breathing problems is Chronic Obstructive Pulmonary Disease, or COPD, which is a group of diseases that includes emphysema and chronic bronchitis. COPD and related respiratory conditions are the third leading cause of death in the United States. Smoking is the primary cause of COPD. Other factors that might contribute include air pollutants in the home and workplace and respiratory infections. If you're having breathing problems, see your health care provider. Early detection is key to managing COPD.

Thank you for joining us on *A Minute of Health with CDC*.

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