



A MINUTE OF HEALTH WITH CDC

Take a Breath

Employment and Activity Limitations Among Adults with Chronic Obstructive Pulmonary Disease — United States, 2013

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

Most people take breathing for granted. But for people with chronic obstructive pulmonary disease, inhaling and exhaling is a daily struggle. COPD includes a group of respiratory conditions, such as emphysema and chronic bronchitis. Common symptoms are shortness of breath, coughing, and excess mucous production.

People with COPD are often unable to work or limited in daily activities, such as walking, running errands, or working around the house.

Although there's no cure, COPD can be managed with medications and pulmonary rehabilitation. People with COPD who smoke are strongly encouraged to quit.

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

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