Chronic Obstructive Pulmonary Disease (COPD) Contributes to Multiple Chronic Comorbidities

COPD costs lives and healthcare dollars

- An estimated 24 million Americans—about half with diagnosed COPD—have impaired lung function.\(^{1,2}\)
- COPD healthcare, morbidity, and mortality cost the United States $49.9 billion in 2010.\(^{1}\)

COPD increases the risk of morbidity and mortality

- COPD was associated with higher risks of 5-year mortality and comorbid diabetes, hypertension, and cardiovascular disease in a cohort of 20,296 US adults aged 45 years and older.\(^{3}\)
- The main causes of death are respiratory failure (in advanced COPD) and lung cancer or cardiovascular disease (in mild or moderate COPD).\(^{4}\)

COPD is commonly associated with many comorbidities, including:

- Lung cancer\(^{5}\)
- Depression\(^{6}\)
- Ischemic heart disease\(^{6}\)
- Anemia\(^{5}\)
- Hypertension\(^{6}\)
- Pneumonia\(^{5}\)
- Osteoporosis\(^{5,6}\)
- Diabetes\(^{5}\)
- Sleep disorders\(^{6}\)

Comorbid conditions can exponentially complicate disease management for a chronic condition

Quality of life, self-care efforts, and disease progression are adversely affected by comorbidities

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Disease Management

• Taking medicine
• Quitting smoking
• Managing diet
• Staying active

Mood Disorders and COPD Burden

In the United States, 8% of adults have chronic depression\(^7,8\) and 18% have anxiety disorders\(^7,8\).

- Major depression costs a total of $97.3 billion each year\(^9\)

Both depression and anxiety increase symptom burden in patients with chronic comorbid conditions, including COPD\(^10\).

Recognition of anxiety and depression in women with COPD may be particularly important. Women with COPD have higher levels of anxiety and depression than men with COPD\(^11,12\).

References: