

COPD May Take Away More Than Your Breath



People with long-lasting health problems:

- Buy more medicine
- Visit doctors and stay in the hospital more often
- Have more healthcare costs

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*Chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease includes chronic bronchitis (bronk-eye-tis), emphysema (em-fuh-zee-muh), or both.

Millions of Americans have lung trouble. Many of these people may have chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, or COPD.*

COPD raises your chances of having other health problems

- If you have COPD, you are more likely to have other long-term diseases or health problems
- Many people with COPD die of cardiovascular diseases, lung failure, or lung cancer

If you have COPD, you may have other health problems, such as:

- Problems with your heart
- Lung cancer
- Anemia (uh-nee-mee-uh), or low iron in your blood
- Difficulties with your sleep
- High blood pressure
- Pneumonia (noo-moh-nyuh), an infection of the lungs
- Depression (feeling sad or “down in the dumps” for more than a couple of weeks)
- Diabetes, a disease involving high blood sugar
- Osteoporosis (os-tee-oh-puh-roh-sis), or weak bones

If you have a long-term health problem, you may need to:

- Change your lifestyle
- Understand different kinds of information from several healthcare professionals
- Take several drugs for each individual medical problem[†]

[†]Ask your healthcare professional and pharmacist whether your medicines are safe to use together.

Long-Lasting Health Problems Like COPD

Can Change More Than the Health of Your Body

People with COPD are more likely to become depressed—feeling sad or “down in the dumps” for more than a couple of weeks

If you have thoughts of death and suicide, call your doctor, 911, or a suicide hotline (1-800-273-TALK)

If you have a long-term health problem:

- You may worry or feel sad more often
- It may be hard to spend time with friends and family
- You may have trouble doing or keeping your job
- It may be harder to take care of yourself and your family every day

Feeling depressed can make your long-term diseases worse

Chronic depression—feeling sad, “down in the dumps,” or worried for a long time—is common in America, and can make your health worse.

Talk to your healthcare professional if you feel like this for more than 2 weeks.

If you feel depressed, it can create a harmful cycle of long-term health problems

