

Chronic Obstructive Pulmonary Disease (COPD)

Contributes to Multiple Chronic Comorbidities



- 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

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 2010¹

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 older³
- 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 cancer⁵
- Depression⁶
- Ischemic heart disease⁶
- Anemia⁵
- Hypertension⁶
- Pneumonia⁵
- Osteoporosis^{5,6}
- Diabetes⁵
- Sleep disorders⁶

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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 year⁹

Both depression and anxiety increase symptom burden in patients with chronic comorbid conditions, including COPD¹⁰

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}

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Depression, anxiety, and COPD

Depression and anxiety are often associated with significant issues in patients with COPD, including:

- Poorer physical and social functioning^{12,13}
- Severe dyspnea¹²
- Poorer survival¹³
- Longer hospital stays¹³
- Increased symptom burden^{12,13}
- Poorer quality of life¹²
- Continued smoking^{12,13}

The harmful cycle of comorbid depression and anxiety¹²⁻¹⁵



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