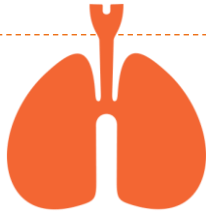


# About COPD

## What is Chronic Obstructive Pulmonary Disease (COPD)?

COPD is an umbrella term to describe conditions that limit airflow to the lungs, such as **chronic bronchitis** and **emphysema**<sup>1</sup>



Patients with **COPD** experience narrowing of the airways, or airflow obstruction, which causes breathing difficulties.

**The main cause of COPD is smoking**<sup>1</sup>

COPD develops slowly over years - most people are **diagnosed aged 40 or older**<sup>5</sup>



**329 million** people have COPD<sup>2</sup> and it is the **3<sup>rd</sup> leading cause of death**<sup>3</sup> worldwide

It is also one of the **10 most disabling diseases globally**<sup>2</sup>

## COPD remains under-diagnosed.<sup>1</sup>

COPD is diagnosed by assessment of symptoms and a spirometry test. This measures lung function, including how deeply a person can breathe and how fast air can move in and out of their lungs<sup>5</sup>



## At its worst...

**73%** of COPD patients have **shortness of breath** at least **twice a week**<sup>4</sup>

**Over half** of people with COPD are **woken up at night** by coughing, wheezing or shortness of breath at least **twice a week**<sup>4</sup>

**29%** of patients with COPD experience **frequent exacerbations**<sup>6</sup>

**22%** of patients who experience an exacerbation **require hospitalisation**<sup>6</sup>

An exacerbation is the sudden worsening in day-to-day symptoms, such as **increase in breathlessness, coughing and mucus production**<sup>5,7</sup>

Every exacerbation can cause **permanent lung damage**.<sup>5</sup> Repeated exacerbations can accelerate the **progression of the disease**.<sup>6,7</sup>

Symptoms of COPD include **breathlessness, chronic cough and increased production of phlegm**<sup>5</sup>

*"It's as if my lungs can't expand properly, as if there is some form of external pressure bearing down on them."<sup>13</sup>*



**3 out of 4 people** with moderate COPD have a **limited ability to carry out routine everyday tasks**.<sup>8</sup>



COPD even restricts a person's ability to **walk up the stairs**<sup>9</sup>



**And 40%** of COPD patients are forced to **retire early**<sup>10</sup>



The goals of COPD treatment are to **REDUCE the symptoms** and **REDUCE the risk of exacerbations and further disease progression**<sup>5</sup>

## COPD needs better management



COPD contributes **50%** of European respiratory healthcare costs<sup>11</sup>



The annual costs of healthcare and lost productivity due to COPD is **€48.4 billion**<sup>11</sup>

Although major advances have been made in **COPD treatment** in recent years, **more needs to be done** to improve disease management and quality of life for people with COPD<sup>12</sup>

