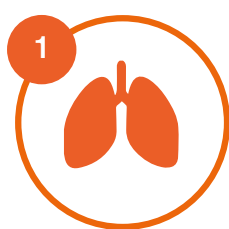


COPD: MYTHS & MISCONCEPTIONS



Chronic obstructive pulmonary disease or COPD is a chronic disease of the lungs. Although COPD is a common lung disease there are still misconceptions that surround it. Read on to find out some of the more common COPD myths and the facts that dispel them.



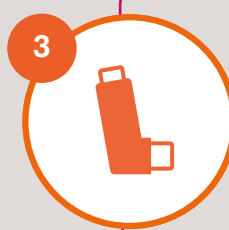
1 MYTH: SHORTNESS OF BREATH IS THE ONLY SYMPTOM OF COPD

FACT: Breathlessness is one of the symptoms of COPD but other common signs to look out for include tiredness, a persistent cough which produces phlegm, chest infections and wheezing.¹



2 MYTH: COPD ONLY HAPPENS TO OLDER PEOPLE

FACT: COPD can begin in your 40s, or even earlier, although many people are often not diagnosed until their 50s and 60s.²



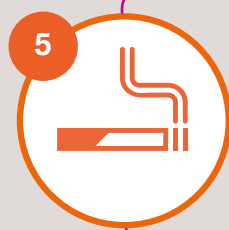
3 MYTH: COPD IS THE SAME AS ASTHMA

FACT: Although symptoms appear similar, asthma and COPD are not the same.³ It is important to get the correct diagnosis from your doctor.



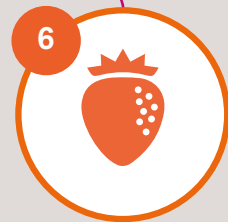
4 MYTH: EXERCISE WILL MAKE COPD WORSE

FACT: Exercise has been shown to be safe and beneficial for most people with COPD.^{4,5} Speak to your doctor or nurse about gentle exercises that are suitable for you.



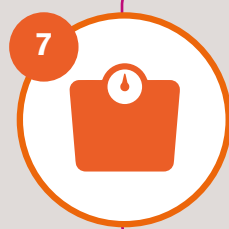
5 MYTH: SMOKING IS THE ONLY CAUSE OF COPD

FACT: Although smoking is a leading cause, exposure to fumes, chemicals, dust or harmful pollutants can also result in COPD developing.^{6,7}



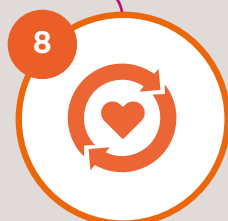
6 MYTH: A HEALTHY DIET WILL NOT HELP WITH COPD

FACT: Maintaining a well-balanced diet, including eating fresh fruit and vegetables, can help you to increase your energy levels and improve your health.^{8,9,10}



7 MYTH: WEIGHT DOES NOT AFFECT COPD

FACT: Extra weight can make you more breathless and your symptoms worse. Maintaining a healthy weight can prevent this and reduce the severity of your symptoms.^{11,12}



8 MYTH: COPD INEVITABLY LEADS TO A WORSE QUALITY OF LIFE

FACT: It is possible to continue to lead a fulfilling life with COPD. A combination of treatment and adjustments to lifestyle can help you to achieve this.¹³



9 MYTH: NOTHING CAN BE DONE TO TREAT COPD

FACT: Although there is currently no cure for COPD, with the help of your doctor it can be effectively managed to find the right support and treatment options that work for you.



10 MYTH: I AM ALONE IN COPING WITH COPD

FACT: It is estimated that 384 million people are living with COPD symptoms globally.¹⁴ COPD patient groups worldwide offer advice and support to help you live with the condition.

Understanding COPD and the choices you can make to better manage the condition may help to improve your overall wellbeing. Explore [COPD Choices](#) to find more helpful advice and information.

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