

Can COPD cause any complications?

- ▶ Respiratory infections like colds, flu, and pneumonia.
- ▶ Increased risk of heart disease, including heart attack
- ▶ Increased risk of lung cancer
- ▶ High blood pressure in lung arteries (pulmonary hypertension)
- ▶ Depression due to difficulty in breathing and inability to perform daily activities

Can COPD be prevented?

- ▶ Never smoke
- ▶ Avoid smoke
- ▶ Find out ways to protect yourself from occupational exposure to lung irritants

COPD myths vs COPD facts

Myth: Only smokers get COPD

Fact: 10% to 20% of the patients who get COPD have never smoked

Myth: COPD is a rare disease

Fact: COPD is the third leading cause of death in developed countries and more common in developing countries like India

Myth: COPD happens only in old people

Fact: COPD can occur at any age. While the symptoms are more likely to be evident in people in their 60's or later, it can occur in the 40's and rarely even earlier.

Myth: I've smoked for more than 20 years. Stopping now won't make any difference.

Fact: If you quit smoking you have double benefit in

countering COPD. First, the risk of heart attack (myocardial infarction, MI) reduces dramatically and your life expectancy increases, adding years to your life. So, its never too late to quit smoking.

Myth: There is no treatment for COPD

Fact: COPD is treatable and many options are available to treat it and improve the quality of life.

Our Facilities

- ▶ Pulmonary Function Tests (MS PFT Pro)
- ▶ Spirometry (for children and adults)
- ▶ Bedside spirometry
- ▶ Portable spirometry for occupational health services
- ▶ Maximum ventilation volume (MVV), slow vital capacity (SVC), and forced vital capacity (FVC)
- ▶ Lung volume and subdivisions: Total lung capacity (TLC), respiratory volume (RV), and functional residual capacity (FRC)
- ▶ Single breath diffusion capacity of lungs for carbon monoxide and helium (DLCO-He)
- ▶ Allergy testing
- ▶ Sleep laboratory
- ▶ Smoking cessation program
- ▶ Pulmonary rehabilitation program

Book an Appointment
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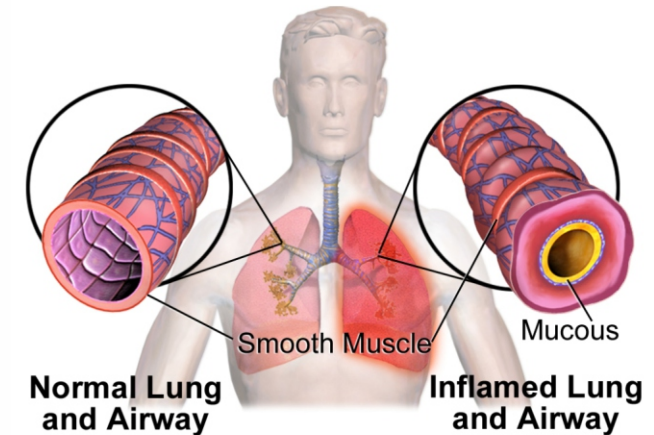
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PULMONOLOGY

Chronic Obstructive Pulmonary Disease (COPD)

"Each organ is related to an emotion, and the lungs are relate to grief. When you clear your lungs, you eliminate grief and sadness."

- Mandy Ingber

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What is COPD?

COPD stand for Chronic Obstructive Pulmonary Disease which means it is an inflammatory disease that involves the long-term obstruction (partial blockage) of lungs that doesn't go away. Air tubes become narrower and this hinders the passage of air while passing in and out of the lungs.

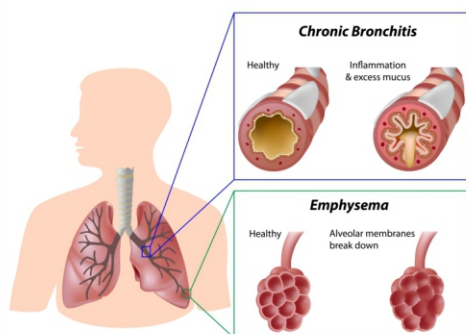
Chronic bronchitis and emphysema are the two most common conditions that contribute to COPD.

Chronic bronchitis :

Involves inflammation of the lining of the airways characterized by daily cough and mucus (sputum) production.

Emphysema :

Involves destruction of the bronchioles (alveoli at the end of smallest air passages) due to cigarette smoke and other irritating gases and particulate matter.



COPD facts:

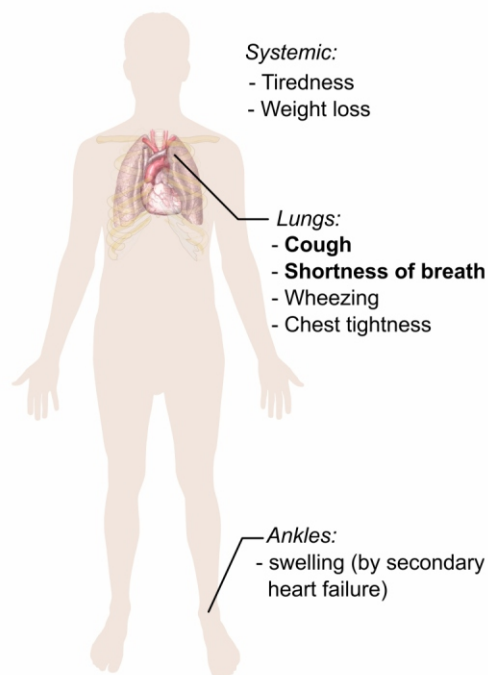
- ▶ According to the World Health Organization (WHO), COPD is predicted to be the third leading cause of illness and death internationally by 2030 (following heart disease and cancer).
- ▶ COPD symptoms are most common in people older than 40
- ▶ More common in females
- ▶ COPD is not contagious

What are the causes of COPD?

- ▶ Active smoking
- ▶ Passive smoking or second hand smoke
- ▶ Long term exposure to lung irritants - burning fumes, dust and smoke from coal mines and industries like chemicals, textiles, cement, and jewellery electro-plating
- ▶ Genetic (rarely)
- ▶ Asthma

How do you come to know if someone is suffering from COPD?

Early stages may show no symptoms and by the time clear symptoms appear lungs may be already damaged. Symptoms may also be mistaken for other diseases or ageing sometimes. So, it is important to look out for the symptoms early. The most common symptoms are:



How can you be sure if it is COPD?

No single test can confirm COPD. To detect COPD in the initial stages, you need:

- ▶ Detailed history of smoking or prolonged exposure to other irritants
- ▶ Physical examination
- ▶ Lung (pulmonary) function tests: Spirometry
- ▶ Chest X-ray
- ▶ CT scan
- ▶ Arterial blood gas analysis
- ▶ Lab tests to detect genetic disorder

Can COPD be treated?

Though COPD cannot be cured, it is possible to treat it and improve the quality of life through:

- ▶ Right medication - for widening airways and reducing swelling (bronchodilators and steroids - oral and inhaled)
- ▶ Lung therapies - Oxygen therapy and pulmonary rehabilitation program including breathing techniques - purse lip breathing and diaphragmatic breathing
- ▶ Surgery in cases with severe emphysema - lung volume reduction surgery, lung transplant, bullectomy
- ▶ Proper diet - eat healthy foods
- ▶ Lifestyle changes - Avoid smoking and lung irritants, exercise regularly
- ▶ Vaccines - Flu vaccine and pneumococcal vaccine may be needed every year as clearing of bacteria, dust, and other pollutants from lungs becomes difficult in COPD patients