**Chronic Obstructive Pulmonary Disease (COPD)**

**Daily Self Check**

**Green Zone** CONTINUE DAILY ROUTINE

- Physical activity level is normal for you
- No new or worsening shortness of breath or cough
- No new swelling in legs or feet

**Instructions:**
- Continue meds as directed
- Continue daily activities
- Keep follow up appointments

**Yellow Zone** CAUTION! CHECK WITH YOUR CARE PROVIDER

- Trouble sleeping due to shortness of breath or cough
- Worsening shortness of breath with activity
- More breathless or increased coughing/“chest cold” feeling
- Increased or thicker phlegm or sputum
- Increased swelling of legs and feet
- Using quick relief inhaler or nebulizer more often

**Instructions:** **Call your care provider today to report changes.**

- You may need a change in your medications or you may need to be seen by your care provider.

**Red Zone** WARNING! TAKE ACTION - CALL 911!

- New or worsening dizziness or confusion
- Severe shortness of breath at rest and unable to lie flat
- Coughing up blood
- Chest pain or pressure

**See a care provider or call 911 right away!**
Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis. COPD makes breathing difficult for the 16 million Americans who have this disease. Millions more people suffer from COPD, but have not been diagnosed and are not being treated. Although there is no cure for COPD, it can be treated. Tips from former smokers. COPD National Action Plan. Urban-Rural COPD Burden. COPD Symptoms, Diagnosis, and Treatment. paper icon. Chronic Obstructive Pulmonary Disease. Authored by Dr Laurence Knott, Reviewed by Dr Hannah Gronow | Last edited 31 Jan 2019 | Meets Patientâ€™s editorial guidelines. This article is for Medical Professionals. Qureshi H, Sharafkhaneh A, Hanania NA; Chronic obstructive pulmonary disease exacerbations: latest evidence and clinical implications. Ther Adv Chronic Dis. 2014 Sep5(5):212-27. doi: 10.1177/2040622314532862. Chronic obstructive pulmonary disease (COPD) is a type of obstructive lung disease characterized by long-term respiratory symptoms and airflow limitation. The main symptoms include shortness of breath and a cough which may or may not produce mucus. COPD progressively worsens with everyday activities such as walking or dressing becoming difficult. The two most common conditions of COPD are emphysema and chronic bronchitis, and they have been the two classic COPD phenotypes. Emphysema is defined as... Chronic obstructive pulmonary disease (COPD) represents a spectrum of obstructive airway diseases. It includes two key components which are chronic bronchitis-small airways disease and emphysema. Epidemiology The most common cause has historic... Epidemiology. The most common cause has historically been and unfortunately continues to be, smoking. It takes many years of smoking to develop COPD and as such typically patients are older adults. There are however a number of other less common risk factors/etiologies, each with their own demographics. They include Chronic Obstructive Pulmonary Disease (COPD) represents an important public health challenge and is a major cause of chronic morbidity and mortality throughout the world. COPD is currently the fourth leading cause of death in the world1 but is projected to be the 3rd leading cause of death by 2020. More than 3 million people died of COPD in 2012 accounting for 6% of all deaths globally. â€¢ Chronic Obstructive Pulmonary Disease (COPD) is a common, preventable and treatable disease that is characterized by persistent respiratory symptoms and airflow limitation that is due to airway and/or alveolar abnormalities usually caused by significant exposure to noxious particles or gases. â€¢ The most common respiratory symptoms include dyspnea, cough and/or sputum production.