

Global facts about COPD..

According to WHO-global burden of disease study reports, **251 million cases of COPD** has been reported in 2016.

It is estimated that **3.17 million deaths** were caused by COPD in 2015, among that more than 90% of deaths occur at low and middle income countries.

Estimates shows that COPD becomes the third leading cause of death world-wide in 2030.

Chronic Obstructive Pulmonary Disease (COPD)

NATIONAL COPD DAY

Newsletter

15/11/2018

COPD is a life threatening lung disease characterized by chronic obstruction (blockage) of lung airflow that interfere with normal breathing and is not fully reversible.

Chronic bronchitis (inflamed bronchial tubes) and **Emphysema** (damage in alveoli, the tiny air sacs of lungs) are included in diagnosis of COPD.

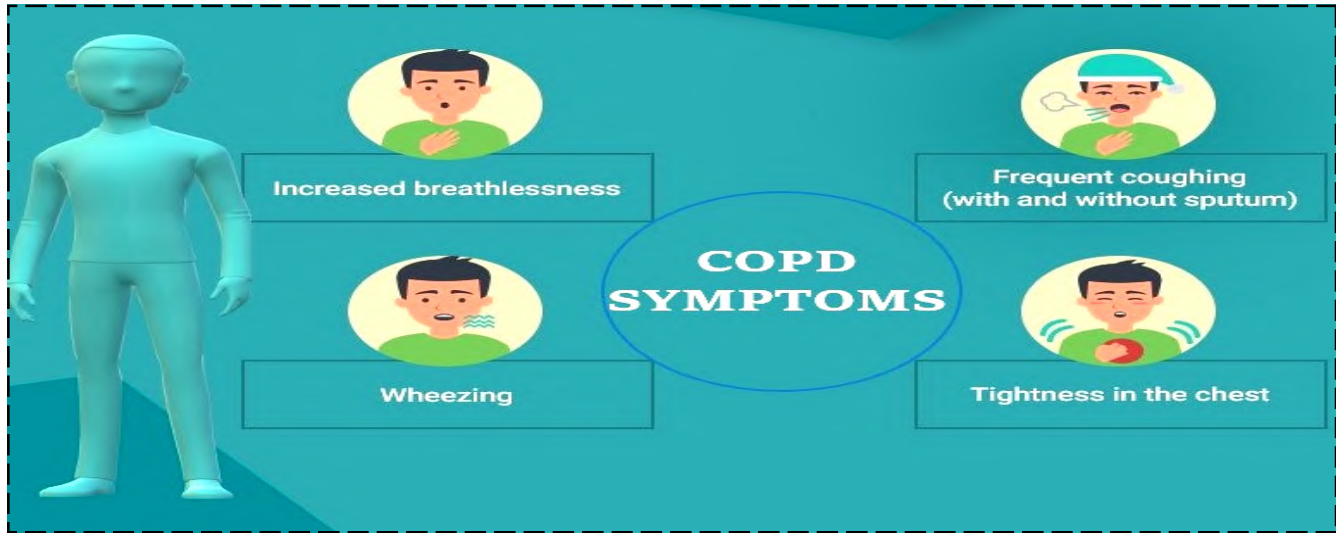
Risk Factors

- Smoking** (Icon: Cigarettes)
- Exposure to Air Pollution** (Icon: Industrial factory)
- Family History of COPD** (Icon: Lungs)
- Those over 35 Years of Age Are at a Greater Risk** (Icon: Man's face)

Asthmatic patients who smoke are at a higher the risk of COPD

Bio fuel used for cooking and heating can lead to COPD.

Family history with low levels of protein alpha-1 antitrypsin (alpha-1 antitrypsin deficiency) is a disorder that runs in families can cause COPD.



Complications of COPD

HEART ATTACK
Cardio Myopathy
Heart Failure



NEUROLOGICAL
Depression

Respiratory Infection
Cold, Flu
Pneumonia



Lung
Lung Cancer



High Blood Pressure

COPD prevention tips...

Avoid smoking (active as well as passive smoking)

Use mask and protective equipments to avoid occupational exposure of chemicals

Avoid indoor and outdoor air pollution , Chemical fumes and dust

Take healthy diet to reduce respiratory infections.

Avoid moving into overcrowded places

Reference: www.who.int

GUJARAT STATE PHARMACY COUNCIL

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