



COPD (Chronic Obstructive Pulmonary Disease)

COPD is a chronic disease that can be a dangerous medical condition, if not controlled. If you suffer from COPD, **Carl Willeford, Jr., MSN, FNP-C**, will work with you by offering the best in medicines and/or programs you can employ to manage your condition. If you would like additional information about COPD, please continue to read the information below from the American Lung Association.

What Is COPD

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that over time makes it hard to breathe.

Key Points

1. COPD is chronic. In other words, you live with it every day.
2. It can cause serious long-term disability and early death.
3. There is no cure for COPD, but it is often preventable and treatable.
4. COPD is sometimes referred to as chronic bronchitis or emphysema.

With COPD, the airways in your lungs become inflamed and thicken, and the tissue where oxygen is exchanged is destroyed. The flow of air in and out of your lungs decreases. When that happens, less oxygen gets into your body tissues, and it becomes harder to get rid of the waste gas carbon dioxide. As the disease gets worse, shortness of breath makes it harder to remain active.

Sometimes referred to as either chronic bronchitis or emphysema, most people will have symptoms of both conditions, so health professionals prefer to call the disease COPD. However, some health professionals think that chronic bronchitis may be present even though a person does not have the airway obstruction characteristic of COPD. Your health professional can explain your condition and the best way to treat it.

(Source: <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/learn-about-copd/what-is-copd.html>)