

TOBACCO AND COPD

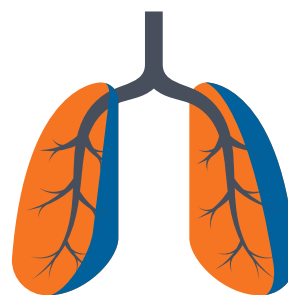
YOUR QUIT JOURNEY STARTS TODAY.



Does smoking cause COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a preventable and treatable illness caused mainly by cigarette smoke. COPD damages the airways in your lungs, making it hard to breathe. If you have COPD you may experience:

- Frequent coughing
- Shortness of breath
- Wheezing
- Tightness in the chest



Is there a cure for COPD?

Currently, there is no cure for COPD but there are many ways to manage your symptoms and keep them from getting worse. The most important way to manage COPD is to quit smoking. As you work on quitting smoking, light activities such as walking may improve your lung health. Always ask your doctor, before starting any new activity.

How does COPD affect my breathing?

Those who suffer from COPD may also have chronic bronchitis or emphysema. In fact, most people with COPD have both of these conditions. Chronic bronchitis causes your airways to thicken and become covered in a sticky, slimy substance called mucus.

Emphysema is a condition that damages the tiny air sacs in your lungs. When these sacs are too weak to do a good job of filling up with air and letting it out, breathing becomes very difficult.

Quitting smoking will help your COPD

If you've been diagnosed with COPD, quitting smoking is the best thing that you can do for your health. Quitting will help you breathe and sleep better, fight infections, and live a healthier life! Secondhand smoke also causes COPD. If you live with any people who smoke that are not ready to quit, try to avoid being around their smoke, as much as possible.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at QuitNowVirginia.org

Text READY to 34191

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