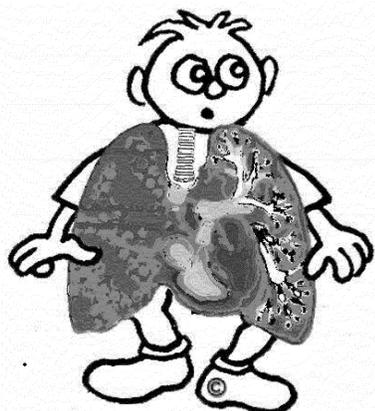


Tobacco Intervention for Early COPD Saves Lives

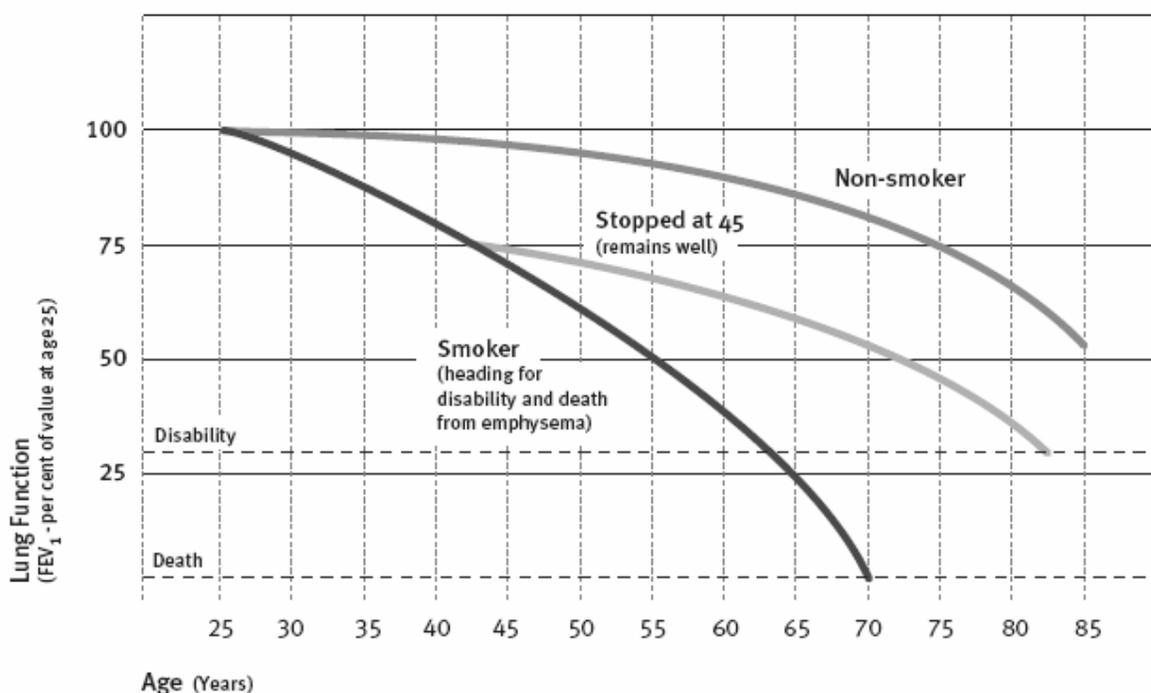
Why it's Worth it to Quit Smoking



IT'S A MATTER OF BREATH AND DEATH!

The graph shows how much better your lungs work if you stop smoking.

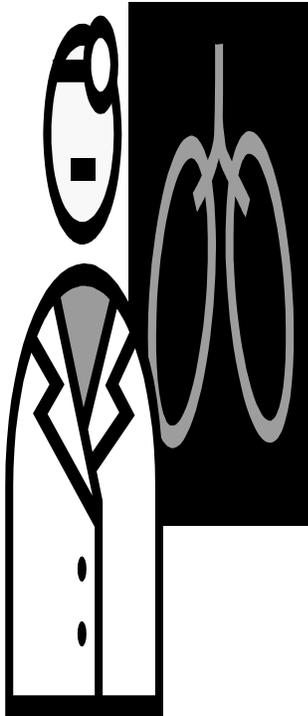
- It shows how much lung function (measured by FEV₁) drops in people with COPD who cough and have mucus.
- Lung function gets worse as you get older, but normally only very slowly and very slightly (see the **Non-Smoker** line).
- In smokers lung function can get worse much more quickly. The diagram shows a smoker who has to use an oxygen tank at age 63 (See the **Smoker** line).
- If you stop smoking you delay the damage to your health, and if you stop soon enough (45 years old) you will put off disability (more shortness of breath, difficulty getting around and needing an oxygen tank) until you are much older and you will live much longer. There will be much less effect on your lungs (see the **Stopped smoking at 45 line**).*



*These data are from: Fletcher D. Peto R. (1977). The natural history of chronic airflow obstruction *British Medical Journal* 1:1645-48. This data was obtained from a study of men aged 25 and older and presumed to be similar in women.

Breathe Easier Quit Smoking Now

Chronic Obstructive Pulmonary Disease (COPD) Information: What is COPD?



If you smoke and cough up mucous almost everyday, you may have COPD.

It is a serious lung disease that occurs when there is a limited flow of air to the lungs. It is also known as emphysema and or chronic bronchitis. It causes shortness of breath and difficulty with activities, and it sometimes requires the person to use an oxygen tank.

Lung tissue is destroyed or becomes scar tissue, limiting the amount of oxygen the lungs can receive. This lung damage is permanent.

Quitting smoking at any time will lessen the inflammation in the lungs and slow the loss of lung function. The sooner the person quits smoking, the better.

90% of COPD is caused by smoking. About 135,000 people in the US die each year from COPD.

An estimated 24 million people in the US have COPD. Many people don't know they have COPD because they don't notice the coughing and mucous, or don't tell their doctor about it, or don't go to the doctor until their breathing is really bad.

People who smoke and have these symptoms should tell their doctor and ask to have their lung function tested.

