What is Chronic Obstructive Pulmonary Disorder?

Chronic Obstructive Pulmonary Disorder, or COPD, is a long-lasting blockage of the airways of the lungs. COPD is a general term that covers several lung diseases. These diseases make it difficult to breathe. With COPD, the airways, or tubes, that carry air in and out of the lungs are damaged. This damage happens over a long period of time.

What are the causes of COPD?

The two most common diseases that cause COPD are **Emphysema** and **Chronic Bronchitis**. There are many things that cause Emphysema and Chronic Bronchitis. The most common causes include:

- Smoking
- Living or working in a place with dirty air
- Breathing in chemical fumes
- Allergies
- Family history of lung problems

What are the signs of COPD?

- Shortness of breath
- Coughing
- Wheezing
- Chest tightness
- General weakness
- Trouble breathing when doing physical activity

What is the treatment for COPD?

COPD cannot be cured. The doctor may treat COPD with:
- Antibiotics or other medicines
- Oxygen
- Breathing treatment

You can prevent more damage from occurring if you:
- **Stop smoking**
- Keep fit with exercise and a balanced diet
- Stay away from things that irritate the lungs, such as cigarette smoke, dirty air and chemical fumes

How can I find a Doctor?

St. Vincent Charity Hospital has doctors who have special training in the treatment of lung diseases. To contact one of our doctors, please call:

Physician Referral Line at 1.800.223.8662
Visit our website at www.stvincentcharity.com

St. Vincent Charity Hospital	**HealthCare Center at Saint Luke's Pointe**
2351 East 22nd Street	11201 Shaker Boulevard
Cleveland, Ohio 44115	Cleveland, Ohio 44104
216.861.6200	216.721.6900
TTY: Ohio Relay 1.800.750.0750	

For more information, contact the American Lung Association at 1.800.586.4872.

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