

# COPD:

## Portraits of Lung Health at Any Age



Chronic obstructive pulmonary disease, or COPD, is a serious condition that makes breathing difficult. Follow these tips to bring your lung health into focus—at any age.



**About 1 in 33**  
younger adults has COPD.

### I'm in my 20s or 30s.

#### I look after my lungs by:

- **Not smoking**, because **75%** of people with COPD have a history of cigarette smoking
- **Avoiding exposure** to lung irritants like:
  - ▶ Air pollution
  - ▶ Chemical fumes
  - ▶ Dust from the environment or workplace
- **Talking to my doctor** about changes in my breathing

### I'm in my 40s or 50s.

#### I maintain my lung health by:

- **Talking with my doctor** about:
  - ▶ My COPD symptoms:
    - Coughing
    - Wheezing
    - Chest tightness
    - Fatigue
    - Shortness of breath
  - ▶ My family history of COPD
  - ▶ Exposure to things like cigarette smoke and air pollution
- **Learning** how to manage COPD if I'm diagnosed
- **Asking for help** with quitting smoking



**About 1 in 12**  
middle-aged adults has COPD.



**About 1 in 7**  
older adults has COPD.

### I'm over 60.

#### I manage my COPD by:

- **Sticking with** my treatment plan
- **Knowing** the benefits of:
  - ▶ Pulmonary rehabilitation
  - ▶ Good nutrition
  - ▶ Physical activity
- **Staying current** with flu, pneumococcal, and COVID-19 vaccines
- **Seeking help** to quit smoking to slow down my COPD