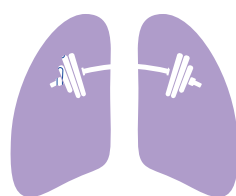# COPD:
Portraits of Lung Health at Any Age

LiveWell

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.

Brickyard Breathe Strong

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

About 1 in 33 younger adults has COPD.

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.

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

About 1 in 7 older adults has COPD.