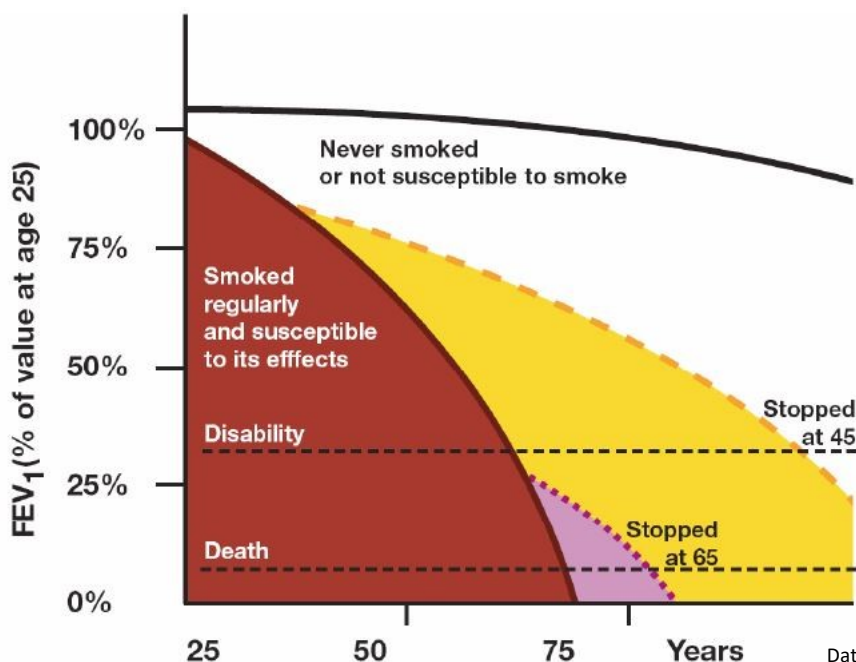


TOBACCO INTERVENTION *for* EARLY COPD *saves lives!*

Quitting smoking is worth the effort!

- ◆ The graph below shows how much better your lungs will work when you stop smoking and how much lung function drops in people with COPD who cough and have mucus.
- ◆ Lung function can worsen as you begin to get older but normally only very slowly and very slightly (see the Non-Smoker line). In smokers, lung function can worsen much more quickly. The diagram shows a smoker who has to use an oxygen tank at age 63 (see the Smoker line).
- ◆ When you stop smoking, you delay damage to your health. If you stop soon enough, you can put off disability (increased shortness of breath, difficulty getting around, and needing an oxygen tank) until you are older, and you will live much longer. There will be less of an effect on your lungs (see the Stopped Smoking at 45 line).



FEV₁: Forced expiratory volume in one second



***It's a matter
of life and breath!***

Data from Fletcher D. Peto R. The natural history of chronic airflow obstruction *British Medical Journal* 1:1645-48.

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318-966-QUIT



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WHAT IS COPD?

If you smoke or cough up mucus almost every day, you may have Chronic Obstructive Pulmonary Disease (COPD).

- ◆ COPD is a serious lung disease that occurs when there is a limited flow of air to your lungs. It is also known as emphysema and chronic bronchitis. COPD causes shortness of breath and difficulty with activities.
- ◆ COPD sometimes requires the person to use an oxygen tank. Lung tissue will become scar tissue or will be destroyed, and the amount of oxygen your lungs can receive becomes limited. This lung damage is permanent.
- ◆ COPD is the third leading cause of death in America, claiming the lives of 134,676 Americans in 2010 (Centers for Disease Control and Prevention, May 2013).
- ◆ Smoking is the main risk factor for COPD and is the cause of approximately 80% of all COPD deaths (U.S. Department of Health and Human Services, 2014).
- ◆ Female smokers are nearly 13 times as likely to die from COPD as women who never smoked, and male smokers are nearly 12

times as likely to die from COPD as men who never smoked (U.S. Department of Health and Human Services, 2014).

- ◆ An estimated 24 million people in the U.S. have COPD, and many don't know they have COPD because they don't notice the mucus or coughing or they don't tell their doctor about it. Often, they don't go to their doctor about it until their breathing has reached a critical stage.
- ◆ If you smoke and have these symptoms, you should talk to your physician about having your lung function tested.
- ◆ Quitting smoking at any time will lessen the inflammation in your lungs and slow your loss of lung function. In fact, the sooner you quit smoking, the better off you will be.

Any time you need assistance with your cessation journey, need to ask questions, or just need to talk, call us at (318) 966-QUIT.

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