



COPD – Smokers Lungs

COPD stands for Chronic Obstructive Pulmonary Disease. It is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. The primary symptoms of COPD include difficulty in breathing, wheezing, coughing, and increased mucus production.

The most common cause of COPD is long-term exposure to smoking and the toxins in cigarette will irritate and irreversibly damage the lungs. Other factors that can contribute to the development of COPD include exposure to second hand smoke, occupational dust and chemicals, air pollution, and genetic factors.

COPD is typically a progressive disease, meaning it worsens over time. The damage to the lungs caused by COPD is irreversible, but with proper management and lifestyle changes, the progression of the disease can be slowed down, and symptoms can be relieved.

The treatment for COPD usually involves a combination of medication, pulmonary rehabilitation, lifestyle changes, and sometimes supplemental oxygen therapy. Medications can include bronchodilators to help open the airways and reduce inflammation, corticosteroids to reduce airway inflammation, and antibiotics to treat respiratory infections. Pulmonary rehabilitation programs involve exercise, breathing techniques, and education on managing COPD.

It is crucial for individuals with COPD to quit smoking and avoid exposure to lung irritants to prevent further damage to the lungs. Vaccinations, such as the annual flu vaccine and pneumococcal vaccine, are also recommended to prevent respiratory infections, which can exacerbate COPD symptoms.

If you or someone you know is experiencing symptoms of breathlessness, recurrent cough and is a smoker, they may have COPD & it is important to consult your doctor at SunStar Clinics for an accurate diagnosis and appropriate management plan.