

COPD



Chronic Obstructive Pulmonary Disease (COPD) occurs when the lungs become inflamed, damaged and narrowed.

COPD is the name for a group of lung conditions that causes breathing difficulties.

Symptoms can include:

- **A persistent cough**
- **Wheezing**
- **Production of mucus**
- **Shortness of breath**
- **Chest infections**

Smoking, long-term exposure to fumes and dust or a rare genetic disorder can cause COPD.

NICHS offers a range of **FREE** information and support services to help you with your COPD. For more information, please visit www.nichs.org.uk

7 Health and Wellbeing Tips



Stop smoking



Keep physically active



Maintain a healthy weight



Moderate your stress levels



Moderate your alcohol intake



Eat a balanced diet



Get enough sleep

