

PUTNAM COUNTY HOSPITAL



*"Taking Care Of Families
For Generations To Come"*

1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338
www.pchosp.org

Could You Be At Risk For



COPD?

If you smoke, the answer is yes.

What is COPD?

Chronic Obstructive Pulmonary Disease, or COPD, is a term used to describe two diseases that affect the lungs—chronic bronchitis and emphysema. COPD causes progressive damage to the lungs.

Chronic Bronchitis

Chronic bronchitis is a condition when repeated inflammation in the lungs causes scarring of the airways and excessive production of mucus that results in a chronic cough. Some call it a "smoker's" cough. As the lining of the airways becomes thickened and narrow/obstructed (due to the scarring) less air is moved in and out of the lungs. Air becomes trapped in the lungs and this limits the amount of air that you are able to breathe in with each breath. Chronic bronchitis can exist alone, before, or during emphysema.

Emphysema

Emphysema develops when many of the small air sacs or alveoli in the lungs get stretched out and lose their ability to empty out all of the air. This damage can cause the alveoli to rupture, and form one large air space instead of many small ones. The destruction of healthy air sacs makes it difficult for the lung to work properly.

Causes of COPD:

- Cigarette smoking is the leading cause of COPD
- Smoking a pipe, cigar, marijuana, hashish and other types of smoking materials
- Breathing in second-hand smoke
- Working around certain kinds of chemicals and breathing the fumes for many years
- Working in a dusty area for many years
- Having heavy exposure to air pollution
- Having a history of frequent childhood lung infections
- Having the genetic disorder: Alpha 1 Antitrypsin Deficiency

Should I be tested for COPD?

- Do you now or have you ever smoked?
- Are you short of breath more often than other people?
- Do you have a cough that does not go away? For example: daily coughing or morning cough?
- If you cough, do you cough up mucus?
- Do people around you smoke?
- Do you work around chemicals and dust?
- Does bronchitis or emphysema run your family?
- Do you wheeze (a whistling or squeaky sound when you breathe)?

If you have answered "yes" to any one of these questions, ask your doctor about having a pulmonary function test to screen for COPD.

Want to know your risk for COPD?

Ask your doctor if you could benefit from having a Pulmonary Function Test. Our respiratory specialists at Putnam County Hospital are ready to conduct your test at our convenient, local location.

**Call Putnam County Hospital
Respiratory Therapy
at 765-655-2588 for more information.**

