

What is COPD?



Chronic Obstructive Pulmonary Disease

COPD (Chronic Obstructive Pulmonary Disease) is an umbrella term for emphysema, chronic bronchitis, and chronic asthma.

An estimated 15% of the adult population of New Zealand has COPD (around 200,000), however many cases go undiagnosed.

Do you have COPD?

- Do you suffer from shortness of breath, especially during physical activities?
- Do you often have a wheeze when breathing?
- Does your chest frequently feel tight or constricted?
- Are you having to clear your throat first thing in the morning, due to excess mucus in your lungs?
- Do you have a chronic cough that brings up mucus (phlegm) that may be clear, white, yellow or greenish?
- Do you sometimes notice blueness of your lips or fingernail beds?
- Do you frequently have respiratory infections that require antibiotics?
- Do you have a sustained lack of energy or ongoing fatigue?
- Have you recently lost a lot of weight without actively trying to?
- Do you often have swelling in your ankles, feet or legs?

If you have answered yes to three or more of the above questions, speak to your doctor as you may have COPD