



# The Horizon Newsletter

## August 2021

### **Chronic Obstructive Pulmonary Disease**

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As the number of smokers has risen quickly in recent years, so has the number of individuals with COPD (Chronic Obstructive Pulmonary Disease). It is one of the most frequent chronic diseases, and it is considered one of the top five diseases in the world, after heart disease, pneumonia, HIV/AIDS, and cancer. COPD is primarily caused by smoking. COPD can also be caused by long-term exposure to chemical fumes and air pollution. This paper examines how COPD impacts individuals, families, and society as a whole throughout their lives.

This illness has no known cure. However, there are various treatments available to avoid further deterioration of the lungs' function and to improve the patient's quality of life by enhancing their physical activity capacity. Exacerbation is one of the most serious complications that a COPD patient might experience. Exacerbation is marked by increased dyspnea, increased sputum volume, and purulent sputum. Early recognition of exacerbation indications can assist keep the patient's condition from worsening. COPD medications, such as inhalers, are primarily aimed at treating the symptoms of exacerbation. Spirometers are advised for patients over the age of 35 and ex-smokers with chronic cough and bronchitis. This is because it is feasible to postpone or prevent patients from having a severe form of COPD by identifying them before their lungs begin to fail. As individuals with COPD have a high level of oxygen consumption, oxygen therapy is another treatment option.

COPD affects 900,000 people in the United States. There are 238 patients at the hospital and 55 deaths among them. The cost of a COPD consultant is \$44000 per year. In

2005, there were almost 28,000 deaths reported. This demonstrates that COPD has had an economic impact in the United States.