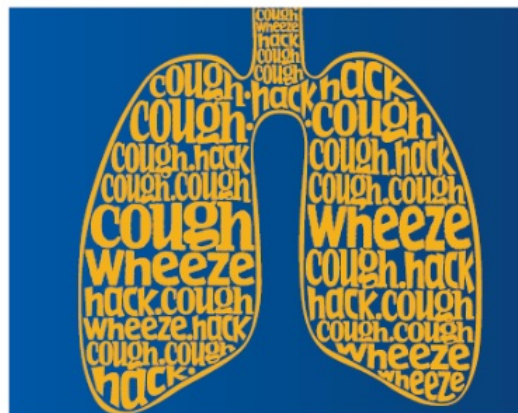




*A collaborative approach to personal and community health through education, prevention, and healthcare services*

## **NATIONAL COPD AWARENESS MONTH**

National COPD Awareness Month dedicates all of November to educating the public about a disease that makes breathing difficult. Chronic Obstructive Pulmonary Disease (COPD) is any disorder that persistently bronchially obstructs airflow. During National COPD Awareness Month, learn about the causes and become an advocate for prevention.



One of the biggest causes of COPD is smoking. While it's not the only cause, this lifestyle factor plays an overwhelming role in determining risk factors for COPD. If you care about your respiratory health and you smoke, take steps to quit smoking now. Other environmental factors that may point toward COPD include dust, chemical exposure and more.

Throughout the month, organizations will hold events providing opportunities for you to learn about COPD. Test your risk factors or find out how to rally support. While you're learning, participate in activities that will test your knowledge and help you breathe a little easier. Hopefully, these events clear the air a bit and point the way toward a healthier lifestyle for your family or answer questions about COPD.

## **HOW TO OBSERVE**

Learn more about COPD by visiting [cdc.gov](https://www.cdc.gov). Help prevent it and support those who have it. Use #COPDAwarenessMonth to post on social media.

## **HISTORY**

The American Lung Association created National COPD Awareness Month to focus on the growing concern related to pulmonary conditions such as emphysema and chronic bronchitis which fall under the category of COPD.

Sincerely,

Del Norte Healthcare District Board of Directors  
Kevin Caldwell, M.D.  
Michael Young  
Elizabeth Austen  
Tonya Pearcey, R.N.  
Juan Santillan

### Sources:

<https://www.cdc.gov/copd/basics-about.html>

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd>

<https://www.nhlbi.nih.gov/health/copd>