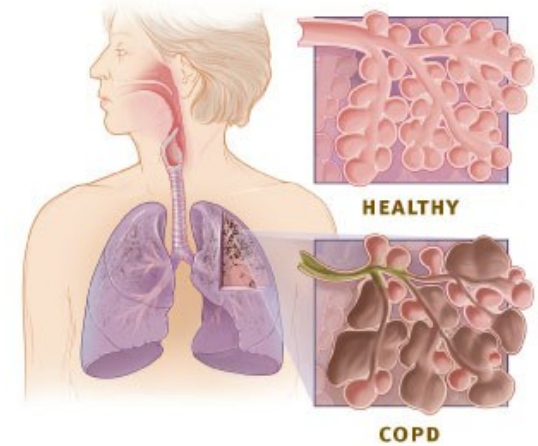


What are the complications of the disease?

- Respiratory infections: COPD patients are more likely to get frequently colds, influenza and pneumonia. In addition, any infection in the respiratory tract can make breathing more difficult and damages the lung tissue.
- Hypertension: may cause this disease rise in blood pressure in the arteries that bring blood to the lungs (pulmonary high blood pressure).
- Disorders of the heart: for reasons that are not understood, increases the risk of heart disease, including heart attacks.
- Lung cancer: Smokers living with chronic bronchitis are more prone to the risk of developing lung cancer than non-smokers who develop chronic bronchitis.
- Depression: Some patients may become depressed as a result of difficulty in breathing and not the patient's ability to carry out normal activities of life.

How to prevent COPD?

- refrain smoking tobacco (including passive smoking).
- Try to avoid exposure to air pollution and irritants inside and outside home.
- Avoid exposure to the vagaries of air and dust.
- Proper eating healthy food such as fruits, vegetables and meat such as fish and poultry.
- Medical examinations of the lungs (simple breathing test) to measure lung function for those who are 45 years and older.
- Taking seasonal influenza vaccine for the prevention of recurrent respiratory infections.
- Taking the necessary precautions and comply with the instructions of safety in factories and workplace.



Chronic-Obstructive Pulmonary Disease (COPD)

What is chronic obstructive pulmonary disease?

Chronic obstructive pulmonary disease (COPD), is a generic name for a group of diseases that are spread obtaining a blockage in the large or small airways. Custom, the increasing severity of the blockage (and pathological effects resulting from it), as a result get inflammation in the airway wall Division and lung tissue.

In case of this disease , the lungs do not function as they should because they have lost their resilience , unfortunately COPD can not be cured but it is possible to live in a good way with proper treatment and proper lifestyle.

Often pulmonary disease, chronic obstructive does not arise only at a later age, after the age of forty years.

The main causes of COPD. :

- 80% are smoker's category.
- Air pollution.
- Exposure to dust for long period .
- Frequent respiratory infection .



In order to treat chronic obstructive pulmonary

In order to treat chronic obstructive pulmonary disease:

- First, you must refrain from smoking and lack of exposure to environmental causes.
- Second, drug treatment and aims to reduce the symptoms which are :
 - ⇒ short acting bronchodilators.
 - ⇒ long acting bronchodilators.
- Antibiotics that help fight infections.

