Innovative Solutions to Help Millions

Fact Sheet

Understanding COPD

**About COPD**

Chronic obstructive pulmonary disease (COPD) is a serious but treatable lung disease, which is estimated to affect 210 million people worldwide.

COPD is the term to describe a number of conditions including emphysema and chronic bronchitis.

In addition to cigarette smoke, exposure to pollution is an important factor that greatly increases the risk of COPD.

**In the EU, the total costs attributed to COPD - both directly and indirectly - is estimated to be 140 billion euros per year.**

**Total deaths from COPD are projected to increase by more than 30% in the next 10 years.**

COPD is predicted to become the third leading cause of death by 2030.

This press event is sponsored by Boehringer Ingelheim. The agenda was written by Boehringer Ingelheim. Speakers provided their own content which has been reviewed by Boehringer Ingelheim. Speakers were offered an honorarium for their participation.

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COPD is a progressive disease that limits airflow in and out of the lungs. People with COPD suffer from breathlessness and cough with sputum.

For most people with COPD, lung function declines at the fastest rate early in the disease – quicker than the later stages.

Declining lung function disrupts the patient’s ability to lead a full life and can lead to people feeling afraid, anxious, frustrated, isolated, and depressed.

People with COPD are at risk of an exacerbation (sudden worsening of COPD symptoms) and need to be admitted to hospital if the exacerbation is severe.

COPD has a significant physical and emotional impact on those who suffer from the disease.

As COPD progresses lung function continues to decline and physical activity becomes severely limited, leading to the condition further worsening and increasing the risk of disability and death.
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As COPD can’t be cured, the key goals of management are to limit symptoms, reduce the risk of exacerbations, help people keep as active as possible and overall, improve their quality of life.\(^{13}\)

Loss of lung function is accelerated and therefore more relevant in the early stages of COPD. Therefore physicians should consider intervening as early as possible in the disease with the best possible treatment.\(^9\)

Relevant posters being presented at ERS 2016:

1. Troosters et al. Effect of bronchodilator therapy and exercise training, added to a self-management behaviour-modification programme, on physical activity in COPD. PA713, 4 Sept 12:50-14:40.
2. Troosters et al. Effect of 8 and 12 weeks’ once-daily tiotropium and olodaterol, alone and combined with exercise training, on exercise endurance during walking in patients with COPD. PA676, 4 Sept 12:40-14:40.
4. Calverley et al. Screening eosinophil counts and risk of exacerbations after inhaled corticosteroid withdrawal in severe COPD. PAA663, 6 Sept, 12:50-14:40.

References