# Chronic Obstructive Pulmonary Disease (COPD)

COPD is a common lung disease. There are 2 main types of COPD:

- **Emphysema** involves the alveoli or small air sacs being irritated. Over time the air sacs get stiff and will not let oxygen into and carbon dioxide out of your blood.

- **Chronic bronchitis** involves the large and small airways getting swollen and full of mucus. The mucus can block the airways and make it hard to breathe.
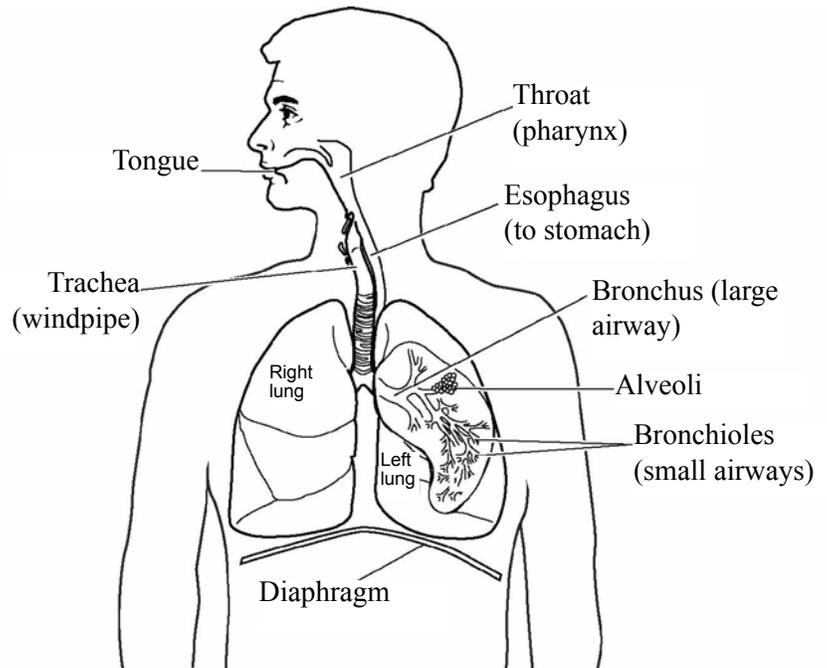
Many people with COPD have both types.

This disease develops over years. Treatment can ease signs and keep the disease from getting worse.

Causes

The leading causes of COPD are:

- Smoking

- Working in a polluted environment where you breathe in large amounts of dust, fumes, smoke or gases
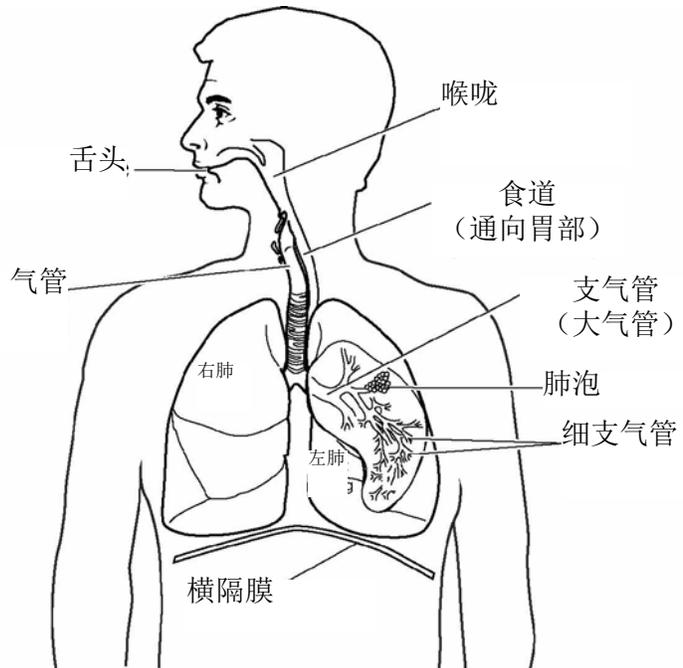
- Second hand smoke

慢性阻塞性肺病（COPD）

慢性阻塞性肺病是一种常见的肺病。它的主要类型有2种：

- **肺气肿**，即肺泡受到刺激。随着时间的推移，肺泡变硬，既无法让氧气进入血液，也无法从血液中排出二氧化碳。

- **慢性支气管炎**，大小气管均肿胀，充满粘液。粘液可能阻塞气管，导致呼吸困难。

许多慢性阻塞性肺病患者会同时患上这两种类型的肺病。

慢性阻塞性肺病是多年形成的疾病。通过治疗可缓解症状，防止病情恶化。

喉咙

舌头

食道
（通向胃部）

气管

支气管
（大气管）

右肺

肺泡

细支气管

左肺

横隔膜

原因

导致慢性阻塞性肺病的主要原因是：

- 吸烟

- 在受污染的环境下工作，吸入大量的粉尘、烟或气体

- 二手烟

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Signs

The signs of COPD are:

- Ongoing cough with or without mucus
- Wheezing
- Feeling short of breath that gets worse with activity
- Chest tightness

These signs can be serious enough to affect your daily activities.

Your Care

Your doctor will do a medical exam and order tests such as:

- Pulmonary function test to see how well your lungs are working
- Chest x-ray
- CT scan
- Blood test

The damage to your lungs from COPD cannot be reversed and there is no cure. With the help of your health care team, you can manage the disease to slow its progress. To manage your COPD:

- Stay active.
- Quit smoking.
- Maintain a healthy weight.
- Eat a balanced diet.
- Drink a lot of fluids.

症状

慢性阻塞性肺病的症状是：

- 持续咳嗽（无论是否有痰）

- 喘鸣

- 感到呼吸急促，并在运动时恶化

- 胸闷

这些症状可能非常严重，足以影响您的日常活动。

护理

医生将对您做一次体格测验，并要求您做一些检查，例如：

- 进行肺功能检查，以确定肺的机能是否正常

- X光胸透

- CT扫描

- 验血

慢性阻塞性肺病对肺部造成的损伤不可逆转，并且无法治愈，但可在医护团队的帮助下控制病情的发展。为了控制慢性阻塞性肺病，您应当：

- 保持运动。

- 戒烟。

- 保持健康的体重。

- 饮食均衡。

- 多喝水。

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- Control stress.

- Take your medicines such as inhalers, steroids and antibiotics as ordered.

- Do home oxygen therapy if ordered.

- Attend a pulmonary rehab program to learn about COPD and exercise to improve your health.

- Get a flu shot each year and talk to your doctor about getting a pneumonia shot.

- Get treatment right away if you get a cold or other infection in your nose or lungs.

Talk to your health care team about your questions and concerns.

- 控制精神压力。
- 遵照医嘱使用吸入器，服用类固醇及抗生素等药物。
- 进行家居氧疗（如有要求）。
- 参加肺部康复讲座，以了解慢性阻塞性肺病，并参加体育运动以改善健康状况。
- 每年注射流感疫苗，并向医生咨询是否需要注射肺炎疫苗。
- 如果感冒或发生鼻子或肺部的其他感染，要立即就医。

如有任何疑问或担心，请告诉医护团队。

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