

Mayo Clinic Minute

What you need to know about COPD

Video	Audio
	These days, everyone knows the health problems smoking can cause.
	But how much do you actually know about the most common smoking-related disease: chronic obstructive pulmonary disease, or COPD?
00:00:48 Paul Scanlon, M.D. Pulmonary and Critical Care Medicine Mayo Clinic	“It’s a disease of the airways that causes obstruction to airflow and causes difficulty breathing. So shortness of breath is the most common symptom, along with cough and sputum production.”
	Dr. Paul Scanlon, a Mayo Clinic pulmonologist, says if you know someone who smokes, you probably know someone with COPD.
00:01:55 DR. PAUL SCANLON:	“It affects tens of millions of Americans – 7 to 10 percent of the population, depending on how you count it.”
	While complications from COPD can sometimes be deadly, a COPD diagnosis in and of itself is not a death sentence.
00:06:05 DR. PAUL SCANLON:	“If you quit smoking, lung functioning improves a little bit and then stabilizes so that ... you can live to a ripe old age with only mild impairment. You won’t get substantially worse if you quit smoking.”
	The key, of course, is to quit.
	For the Mayo Clinic News Network, I’m Ian Roth.