

RESPIRATORY DISEASE

Chronic Lower Respiratory Disease (CLRD) is a term used for several issues that affect the lungs including chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, asthma and occupational lung disease.

Center for Disease Control (CDC) Facts

- CLRD is the 6th leading cause of death in the U.S.
- Every year on average there are 152,657 deaths due to CLRD
- 4.1% of doctors visits in the U.S. are for some form of CLRD such as COPD
- 5% percent of adults have been diagnosed with CLRD

Center for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS) 2019

Causes of Chronic Lower Respiratory Disease (CLRD)

- Smoking – 80 percent of cases are current or former smokers
- Exposure to air pollutants in the home and workplace
- Genetic factors
- Respiratory infections of the nose, sinuses and throat

Symptoms of Chronic Lower Respiratory Disease (CLRD)

- Shortness of breath
- Wheezing
- Racing heartbeat
- Increased mucus production
- Chronic cough
- Fatigue

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When To See The Doctor

- **Shortness of breath** – people often notice they are short of breath or can only speak a few words before they must take another breath
- **Wheezing** – people often notice that they can hear and feel wheezing when they breathe, especially during any type of physical activity
- **Increased mucus accompanied by a chronic cough** – a cough that is not relieved with cough drops and will not go away with a noticeable increase of mucus
- **Racing heartbeat** – many people often report that they feel like their heart-beat is racing after very little activity
- **Fatigue** – people with CLRD feel fatigued throughout the day and after very little exercise

Treatment of Chronic Lower Respiratory Disease (CLRD)

- **See your doctor** – there are simple tests your doctor can do to determine if you have CLRD and steps you can take to prevent the further progression of the disease that your doctor can talk to you about
- **Stop smoking** – avoid second hand smoke and any other irritating air pollutants
- **Exercise** – exercise has been shown to be helpful in many different lung conditions. Physical activity in any form of walking can slow down lung function decline. Discuss this with your doctor before starting an exercise program.
- **Take your medication** – take all your medications as instructed by your doctor