

CHRONIC LOWER RESPIRATORY DISEASE AWARENESS

Chronic lower respiratory diseases account for over 150,000 deaths a year in the U.S.

There are many diseases that fall under that category of Chronic Lower Respiratory Disease or CLRD. Asthma, chronic obstructive pulmonary disease (COPD), bronchitis and more, are all within CLRD. CLRD is one of the leading causes of death in the United States.

01 | Patient Impact

COPD is the most deadly of chronic respiratory diseases and asthma is the most common. Respiratory diseases all have similar symptoms, coughing, wheezing, trouble breathing, and tightness in the chest. Often chronic lung diseases can be managed and treated but not cured; and a patient will most likely suffer with life-long complications. CLRD's can impact quality of life and greatly reduce a patient's ability to be active in sports and physical activity.

02 | Risk Factors

Many CLRD's have similar risk factors - family history, lung infections, being overweight, illicit substances, exposure to smoke, pollution and more. Because of similarities in the diseases a patient often suffers from two or more chronic lung illnesses within their lifetime. It is important to avoid exposure to harmful chemicals and seek medical attention regarding any concerns.

03 | Getting Help

One of the most impactful things is getting help and support when you are diagnosed with a CLRD. These diseases can affect anyone at any age and it is important to access tools and resources early. Not only are there a wide variety of treatment options for CLRD's but there are additional support groups, blogs, therapies, and educational material. Patients can leverage different types of support and various outlets to explore what is most beneficial to them.

For more information and supportive resources, please visit: <https://www.lung.org>

Did You Know?

Women are 37% more likely to have COPD than men.

References

<https://www.healthline.com/health/understanding-idiopathic-pulmonary-fibrosis/chronic-lung-diseases-causes-and-risk-factors#Cystic-fibrosis>

<https://www.cdc.gov/nchs/fastats/copd.htm>