



Canadian Thoracic Society
Société canadienne de thoracologie
COPD GUIDELINES LIGNES DIRECTRICES POUR LA MPOC

Know How to Manage Chronic Obstructive Pulmonary Disease (COPD)

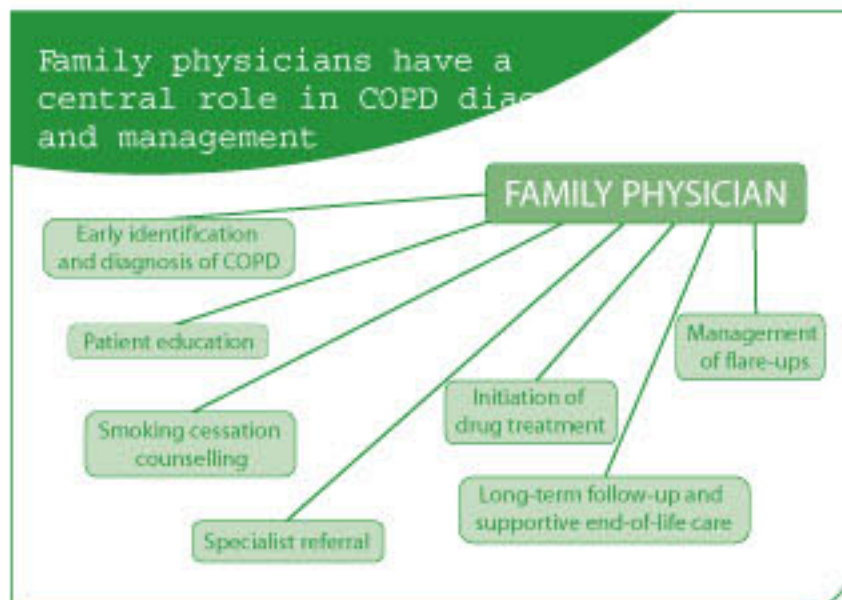
A review of the Canadian Thoracic Society COPD Guidelines: Summary of highlights for family doctors and their patients¹

What is COPD?

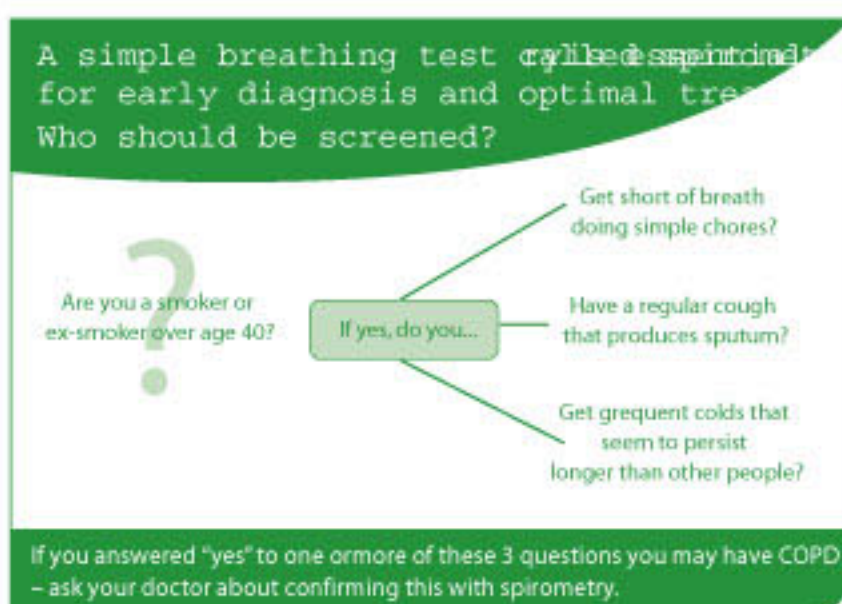
COPD is a chronic lung disorder caused mainly by smoking. COPD results in the airways of the lungs becoming blocked and loss of the air sacs of the lungs that can make breathing difficult. Many people who suffer from COPD go undiagnosed, in part because they dismiss the typical symptoms, which include shortness of breath, chronic cough that produces phlegm, wheeze and frequent or prolonged chest colds.

COPD on the rise in Canadian population

4% of Canadian adults (750,000) suffer from COPD. In 1999, COPD was the fourth leading cause of death in men and fifth leading cause in women. In the next fifteen years COPD is expected to escalate, especially in the aging female population.



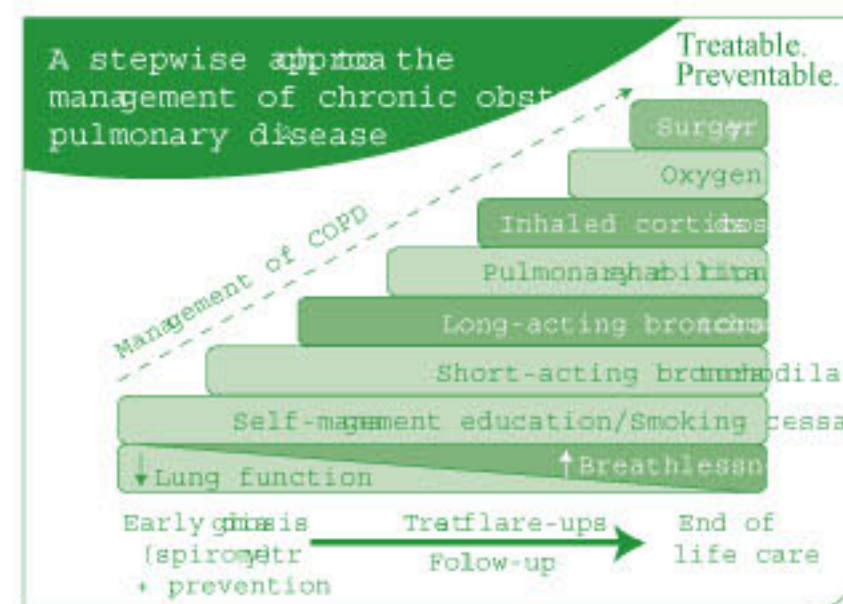
COPD is underdiagnosed. Who's at risk?



COPD – confirm the diagnosis with spirometry



COPD is treatable

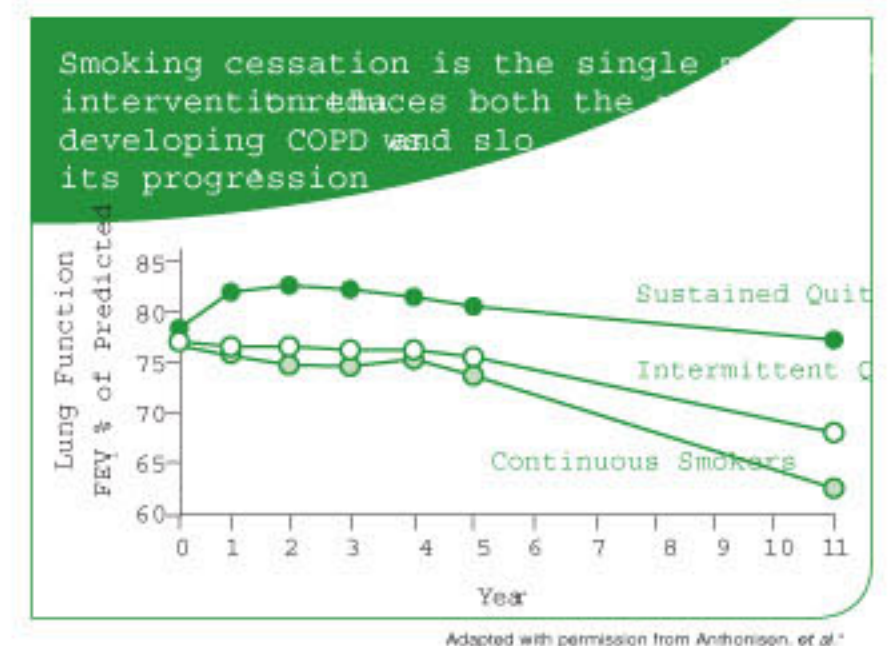


Management strategies should combine medications and non-medicinal interventions in order to improve symptoms, activity levels and quality of life.

The goals of COPD management are as follows:

- 1 To prevent disease progression (smoking cessation);
- 2 To reduce shortness of breath and other respiratory symptoms;
- 3 To improve exercise tolerance;
- 4 To prevent and treat flare-ups;
- 5 To improve quality of life; and
- 6 To reduce mortality.

COPD is preventable

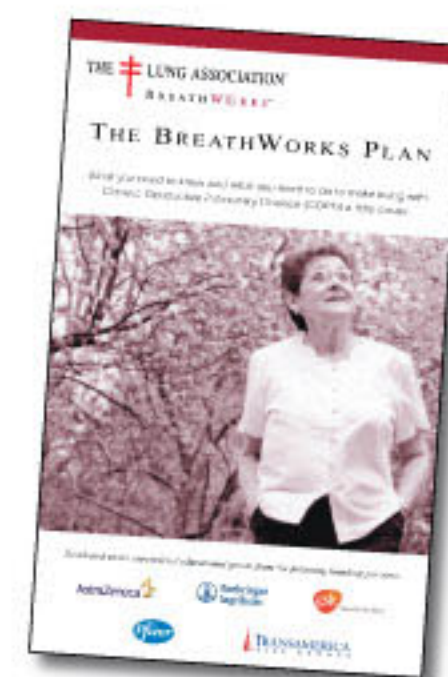


Adapted with permission from Antonsson, et al.

COPD education

Education of both the patient and their family is invaluable.

The BreathWorks Plan
What you need to know and what you need to do to make living with COPD a little easier.



BreathWorks toll-free helpline:
1-866-717-COPD (2673)

Staffed by COPD educators

Or visit our website at
www.lung.ca/breathworks/

REFERENCES: 1. O'Donnell DE, et al. Canadian Thoracic Society COPD Guidelines: Summary of highlights for family doctors. Can Respir J 2003;10:163-5. 2. O'Donnell DE, et al. Executive Summary. Canadian Thoracic Society Recommendations for Management of Chronic Obstructive Pulmonary Disease – 2003. Can Respir J 2003;10(Suppl A):11A-65A. 3. O'Donnell DE, et al. State of the Art Compendium: Canadian Thoracic Society recommendations for the management of chronic obstructive pulmonary disease. Can Respir J 2004;11(Suppl B):7B-50B. 4. Antonsson N, et al. Smoking and lung function of the lung health study participants after 11 years. Am J Respir Crit Care Med 2002;166:475-9.

For more information visit
www.COPDguidelines.ca