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# Prevention of chronic obstructive pulmonary disease

**John Abram\***

Department of Internal Medicine, Mary Johnston Hospital, Tondo, Manila

**\*Corresponding author:** John Abram, Department of Internal Medicine, Mary Johnston Hospital, Tondo, Manila E-mail: [abramjohn@gmail.com](mailto:abramjohn@gmail.com)**Received date:** March 06, 2021; **Accepted date:** March 20, 2021; **Published date:** March 27, 2021**Citation:** Abram J (2021) Prevention of Chronic Obstructive Pulmonary Disease. J Prev Infect Control. Vol.7 No.2:61.**Copyright:** © 2021 Abram J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Chronic obstructive pulmonary disease (COPD) is a type of obstructive lung disease characterized by long-term breathing problems and poor airflow [1][2]. The main symptoms include shortness of breath and cough with sputum production [1]. COPD is a progressive disease, meaning it typically worsens over time [3]. Eventually, everyday activities such as walking or dressing become difficult. Chronic bronchitis and emphysema are older terms used for different types of COPD.

## Symptoms

COPD indications regularly do not show up until significant lung harm has happened, and they ordinarily compound over time, especially on the off chance that smoking introduction proceeds.

- Shortness of breath, particularly amid physical activities
- Wheezing
- Chest tightness
- A Chronic cough that will create bodily fluid
- Visit respiratory infections
- Lack of energy
- Unintended weight misfortune (in afterward stages)
- Swelling in lower legs, feet or legs

Individuals with COPD are too likely to encounter scenes called exacerbations, amid which their side effects ended up more awful than the normal day-to-day variety and endure for at slightest a few days.

## Complications

COPD can cause many complications, including

**Respiratory infections:** Individuals with COPD are more likely to capture colds, the flu and pneumonia. Any respiratory disease can make it much more troublesome to breathe and seem cause assist harm to lung tissue.

**Heart problems:** For reasons that aren't completely caught on, COPD can increment your hazard of heart infection,

counting heart assault.

**Lung cancer:** Individuals with COPD have a better hazard of creating lung cancer.

**High blood pressure in lung arteries:** COPD may cause tall blood weight within the supply routes that bring blood to your lungs (aspiratory hypertension).

**Depression:** Trouble breathing can keep you from doing exercises simply appreciate. And managing with genuine sickness can contribute to the improvement of discouragement.

## COPD Prevention

The foremost common cause of COPD is cigarette smoking. Smoking accounts for eight out of 10 COPD-related passings, agreeing to the Centers for Malady Control and Avoidance (CDC). One of the finest ways to anticipate getting COPD is to never begin smoking, or to stopped smoking in the event that you as of now do.

If you've got inconvenience quitting smoking, there are various alternatives to assist you, counting gums, patches, and medicine pharmaceutical.

Overwhelming and long-term presentation to different lung aggravations, counting discuss contamination, tidy and chemical vapour within the work environment, and used smoke, can too cause COPD.

disorder (SARS) infection, and West Nile infection episodes. Home grown medications and filtered common items give a wealthy asset for novel antiviral medicate advancement. Distinguishing proof of the antiviral components from these normal specialists has shed light on where they associated with the viral life cycle, such as viral passage, replication, gathering, and discharge, as well as on the focusing on of virus–host-specific intuitive.

In this way, the circumstance reflects the have to be create viable antivirals for prophylaxis and treatment of CoV disease.

Here are a few tips to diminish your introduction to COPD-causing aggravations

- In case you have got a wood-burning stove or chimney, make beyond any doubt it's well ventilated.
- Stay inside in the event that there's discernible discuss contamination exterior, such as brown haze or an adjacent rapidly spreading fire.
- Make your domestic an environment free from used smoke.
- If you work in an environment where you're uncovered to chemical vapor and dust, speak along with your administrator almost respiratory defensive hardware and other ways to secure yourself.

## References

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