



What you need to know about...

COPD and Comorbidities

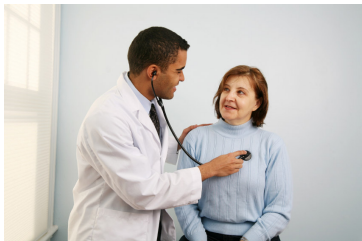
What are comorbidities?

Comorbidities are two or more diseases existing at the same time in the body.

Comorbidities are common in people with COPD. However, the severity of comorbid conditions and the impact on a person's health will vary between individuals and within the same person over time.

Does COPD only affect the lungs?

No, there are other health conditions such as weight loss, loss of muscle mass, strength and endurance, and malnutrition which are all expected effects of having COPD.



What other conditions might I develop as a result of having COPD?

Because COPD often develops in long-time smokers during middle age, people with COPD will often have other diseases related to either smoking or aging.

Possible smoking-related conditions:

- Heart disease
- Lung cancer

Possible age-related conditions:

- Bowel or prostate cancer
- Depression
- Diabetes
- Parkinson's disease
- Dementia
- Arthritis

Other conditions that may occur :

- Respiratory infections
- Osteoporosis and bone fractures
- Sleep disorders
- Anemia
- Glaucoma
- Anxiety
- Cognitive decline

There are conditions that may occur due to *complications* of COPD. They are:

- Pulmonary hypertension
- Cor pulmonale (right heart failure)

Why do I need to know about comorbidities?

When COPD is present, other health conditions become harder to manage. Therefore, COPD should be managed with careful attention paid to comorbidities and their effect on your quality of life. You may also choose to take action to try to prevent some of these potential conditions.

