

# WORLD COPD DAY

## Living Well With COPD | Everybody, Everywhere

### Raise Awareness

Publicize World COPD Day in your local community with posters, billboards, or other activities and share on social media. Encourage people who experience the burden of COPD to share their personal stories on how they live active lives.

### Share Knowledge

Organize a meeting of health care professionals to discuss the latest strategies in the diagnosis and management of COPD, including how to implement GOLD guidelines in their clinics. Set up a helpline for patients wanting to learn more about how to access pulmonary rehab, physical therapy, mental health services, or other types of COPD support.

### Reduce the Burden

Hold a public open day or free-of-charge COPD clinic at your local health center to help identify at-risk patients in your community. Educate people on how to reduce risk factors

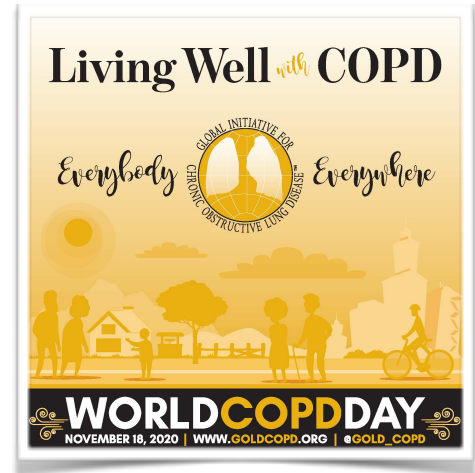
### World COPD Day Press Release

#### *Learning to Live Well*

Chronic obstructive pulmonary disease (COPD) is a preventable and treatable disease that causes breathlessness, chronic sputum production and cough, there are 300 million current cases of

COPD in the world. COPD is currently the 3<sup>rd</sup> leading cause of death globally and is highly prevalent in low resource countries. Exposure to tobacco smoke and other inhaled toxic particles and gases are the main risk factors for COPD, although recent research has identified that suboptimal lung growth before and after birth can also increase the risk of COPD later in life.

World COPD Day has been organized by GOLD in collaboration with the World Health Organization each year in November since 2002. The goal of World COPD Day is to raise awareness and present new knowledge and novel therapeutic strategies for COPD worldwide. The 19<sup>th</sup> annual World COPD Day will take place on November 18, 2020. This year's theme, "Living Well With COPD - Everybody, Everywhere" looks to send a positive message to both patients and providers that although COPD does not have a cure, there are many ways to actively live well with the disease. This campaign aims to raise awareness for interventions like pulmonary rehab, physical activity, self-management, and nutrition, as well as highlight the importance of social and mental well-being. Worldwide education on these types of services can help raise awareness and promote advocacy



from tobacco, biomass fuel, air pollution, or occupational exposures like dusts and fumes. Encourage people with COPD to write to their local governments or health ministries about World COPD Day, lobbying for COPD to be made a national priority disease to help reduce the disease burden and hospitalizations.

### Live Well

Learn about different ways patients with COPD can control their disease and actively live well. From learning stress management and breathing techniques, to enrolling in a pulmonary rehab or exercise program, patients have the ability to maintain an active lifestyle. Help to advocate for these types of services in your community to improve COPD lives everywhere.

for patient access everywhere.

Initiatives to reduce the burden of COPD are taking place worldwide, including smoking-cessation programs, fighting against both indoor and outdoor air pollution, as well as examining childhood disadvantage factors. Although there is no current cure for COPD, actions to improve quality of life can take place anywhere by a variety of individuals in many types of settings. Employers can strive for safe breathing environments, citizens can be good stewards of air cleanliness, and both patients and families can help advocate for more research and better access to care, including pulmonary rehabilitation and mental health services. In addition, providers and policy makers can work together to improve access to spirometry, essential medications, and other treatments, including telehealth and other types of access for patients in remote settings.

The GOLD Committee invites everyone to participate in World COPD Day events on November 18th, 2020. Further information about GOLD and World COPD Day can be found at [www.goldcopd.org](http://www.goldcopd.org).

#### References

1. GLOBAL STRATEGY FOR THE DIAGNOSIS, MANAGEMENT, AND PREVENTION OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE (2020 REPORT)
2. Projections of Global Mortality and Burden of Disease from 2002 to 2030. Mathers CD, Loncar D. PLoS Medicine. 2006 Nov 28; 209-22

 <b>Physical Activity</b>	 <b>Reduce Exposures</b>	 <b>Mental Health</b>
 <b>Pulmonary Rehab</b>	 <b>Action Plan</b>	 <b>Self Management</b>
 <b>Social Well Being</b>	 <b>Nutrition</b>	 <b>Vaccination</b>