

COPD Awareness & Education



Women In Government Foundation, Inc.



Women In Government Foundation, Inc. is a national, non-profit, non-partisan organization of women state legislators providing leadership opportunities, networking, expert forums, and educational resources.

Policy Resource Centers

- ❑ Autoimmune Disease
- ❑ Biomedical
- ❑ Bone Health
- ❑ Diabetes
- ❑ Economic Security & Opportunities
(formerly Family Economic Success)
- ❑ Oncology
- ❑ Newly Launched
 - Patient Care Coordination
 - Public Health



Visit Policy Resource Centers at www.womeningovernment.org

WIG & COPD: Recent Actions

❑ **Featured at WIG's Second Annual Healthcare Summit**

- November 16-19, 2011; Washington, DC

- Speakers:

- ❑ Scott Cerretta, COPD Foundation

- ❑ Jamie Lamson Sullivan, COPD Foundation

- ❑ Maria Prince, MD, Office of Chronic Disease Prevention, Maryland Department of Health



❑ **Toolkit launched in May 2012**

❑ **Featured at WIG's 15th Annual Western Regional Conference**

- May 10-12, 2012; Portland, OR

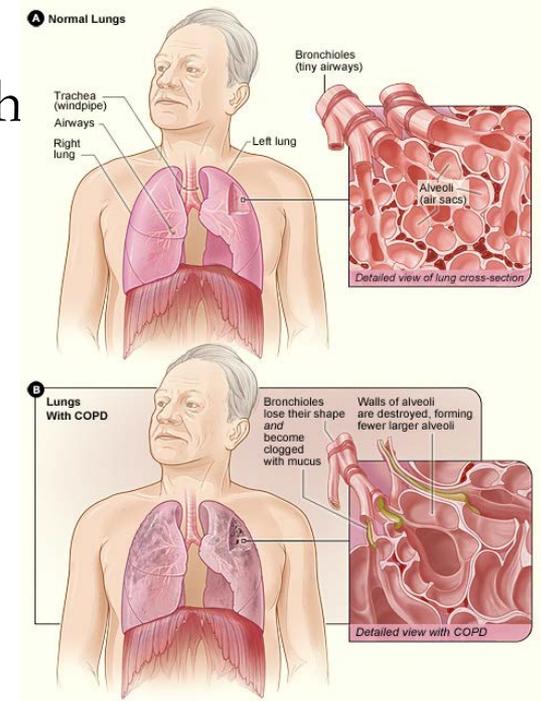
- Speakers:

- ❑ A. Sonia Buist, MD, PhD, Oregon Health and Science University

- ❑ Jamie Lamson Sullivan, COPD Foundation

What is COPD?

- ❑ COPD is short for Chronic Obstructive Pulmonary Disease.
- ❑ It includes emphysema, chronic bronchitis, non-reversible asthma, and severe bronchiectasis
- ❑ COPD is related to lung tissue damage which in blocked air flow and shortness of breath.
- ❑ Symptoms include:
 - shortness of breath
 - wheezing
 - tightness of breath
 - chronic cough – with or without mucus
- ❑ There is no cure, but treatment can manage symptoms.



COPD Facts & Prevalence

- ❑ Over 24 million people are affected by COPD.
- ❑ Most are not diagnosed until they have already lost significant lung function.
- ❑ 70% of people with COPD are under age 65.
- ❑ COPD is the third leading cause of death in the United States.
- ❑ It is estimated to cost the U.S. nearly \$49.9 billion in both direct and indirect expenses.





COPD Facts & Prevalence

- According to the report “Confronting COPD in America,”
 - 51% of COPD patients report that their condition limits their ability to work.
 - 34% say that COPD keeps them from working.
 - 17% say their condition limits them in the kind or amount of work they can do.

- A European Lung Foundation study reported that 80% of COPD patients were unable to maintain the same lifestyle they had before diagnosis.

How are Women Affected?



- ❑ COPD kills more women than men each year.
- ❑ COPD prevalence is 2% higher in women than it is in men.
- ❑ According to the COPD Foundation, COPD killed more American women than breast cancer, Alzheimer's, and diabetes in 2006.
- ❑ The CDC also states that COPD rates are rising faster in women than men.

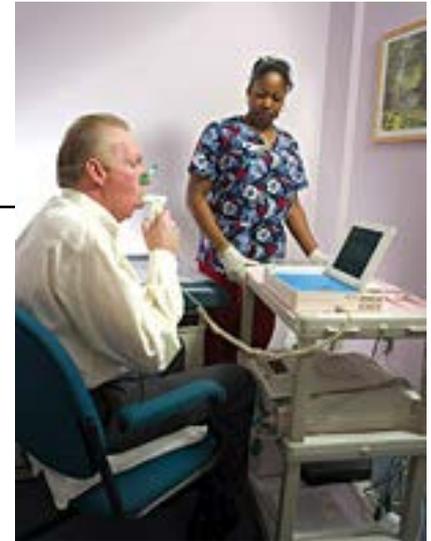


COPD Risk Factors & Complications

- Smoking is the primary risk factor for COPD.
- Other risk factors include:
 - Age (usually over 40 when symptoms begin)
 - Exposure to second-hand smoke, outdoor and indoor pollutants, and occupational chemicals and dust
 - Genetics
- Complications include respiratory infection, heart disease, high blood pressure, depression, and more.

Diagnosis & Screening

- ❑ Screening for COPD is simple.
- ❑ A simple breathing test, called spirometry, measures how much air a person's lungs can hold and how fast air can be blown out of the lungs.
- ❑ Spirometry can even detect COPD before symptoms begin.
- ❑ A simple five-question survey at www.drive4copd.org can also assess one's risk of COPD.
- ❑ Smokers and those at-risk should be screened, even if no symptoms are present.





What is the Treatment?

- ❑ There is no cure, but treatment can help.
- ❑ Stop smoking.
- ❑ Remove air pollutants from home and work.
- ❑ Treat symptoms with medications and seek pulmonary rehabilitation as recommended by a physician.
- ❑ Work with care providers to manage symptoms and prevent complications.
- ❑ Treatments can improve a patient's quality of life and prevent symptoms, reduce the frequency and severity of exacerbations, improve health status, and improve the ability to exercise.

What Can Legislators Do?

- Make COPD a priority.
 - Appropriate funds for COPD research and educational endeavors.
 - Support education, awareness, and early screening.
 - Improve access to treatment.
- Support legislation recognizing November as COPD Awareness Month in your state.
- Participate in your state's COPD Coalition.
- Support quality measures for COPD in state-based insurance programs.



What Can Legislators Do?

- Reach out to your community to spread awareness
 - Host a town hall meeting
 - Organize a COPD awareness walk
 - Support advocacy days
 - Speak about or promote COPD at local health fairs
 - Partner with local providers to provide screenings
 - Launch a social media awareness campaign



Visit the awareness section in the toolkit to learn more!

Women In Government

COPD Awareness & Education Toolkit

- Provides materials to enhance COPD awareness and a springboard for legislator action.
 - Sample legislation
 - FAQs
 - Sample constituent letter
 - Sample op/ed
 - And more!
- Visit www.womeningovernment.org

