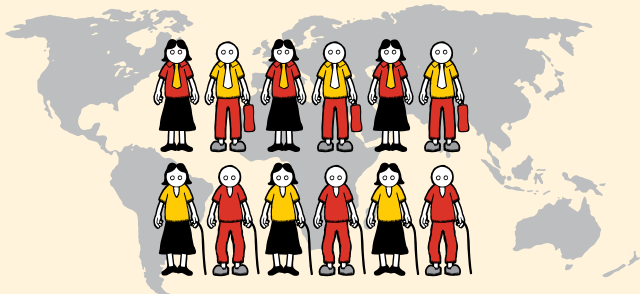


COPD Symptoms in the Morning and the Impact on Daily Activities*

What is COPD?



Chronic Obstructive Pulmonary Disease (COPD)* affects an estimated

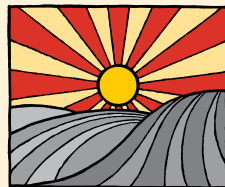
210 million people worldwide¹ and is projected to be the

3rd leading cause of death by 2020²



COPD is a progressive disease that makes it hard to breathe, with symptoms that can affect aspects of everyday life^{2,3}.

COPD symptoms can be experienced throughout the day but many patients report **morning as being the worst time of day for experiencing symptoms**^{4,5,6,7}

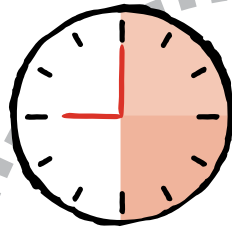


Many patients say shortness of breath contributes to their **morning routine** taking **longer** to complete than it used to, affecting getting up, showering, getting dressed^{4,8}

* COPD is the name used to describe a number of conditions including emphysema and chronic bronchitis

† Number of patients varied by activity as data is from those patients who reported an impact from symptoms, but were still able to undertake the activity and deemed it applicable

Impact on daily activities



A recent survey among 811 patients who experienced worse COPD symptoms in the morning compared to other times of the day found that the majority of routine **morning activities** including **getting up** and **using the stairs** took **10-15 minutes** longer per activity to complete⁸

Of 811 patients surveyed, more strenuous activities such as going **shopping, travelling to work** or carrying out **household chores** took **20-30 minutes** longer per activity⁸



Social implications

46% of 757[†] patients reported that shortness of breath impacted their ability to talk with others⁹



Coping strategies

49% of 811 patients reported having to adjust their daily routine in order to cope with COPD symptoms in the morning⁸

Coping strategies reported include **waking up earlier, avoiding stairs, avoiding booking morning appointments, changing jobs or careers**⁸

Discussion with healthcare professionals

Treatment guidelines state that all COPD patients should repeatedly be encouraged to remain active⁹

A third (33%) of 811 patients surveyed considered *'improves ability to carry out morning activities'* as a key treatment goal however in **physician-patient discussions** there was little emphasis on how treatment could improve the ability of patients to carry out daily living activities in the morning⁸

Based on the survey results, we can conclude that it is important for COPD patients to remain **active** and **speak** to their healthcare professional about COPD symptoms⁸



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