



SYMTPOMS

The most common symptom of COPD is **shortness of breath**. While it's common to feel short of breath after physical exertion, simple everyday activities, such as getting dressed or walking up a few steps, can cause someone with COPD to feel seriously short of breath. Sometimes, people with COPD will knowingly or unknowingly limit their activity in an attempt to avoid feeling short of breath.

Other symptoms of COPD include:

- **Frequent cough.** Everyone coughs from time to time, but a cough that lingers can be a symptom of chronic bronchitis and COPD. In fact, a cough that lasts at least 3 months a year for 2 consecutive years is the primary symptom of chronic bronchitis.
 - **Cough with mucus (phlegm).** It's normal to cough up mucus sometimes. But a continuously productive cough—a cough that regularly brings up mucus—can be a symptom of COPD.
 - **Inability to maintain activity levels due to fatigue or shortness of breath.** People with COPD can become less active over time. They may notice that they rest much more than they used to, or that they get less done in a day, due to the need to move slowly and rest.
 - **Blueness of the lips or fingernail beds.** A blue-tinge to the lips or fingernail area indicates a serious lack of adequate oxygen in the blood and can be a symptom of COPD.
 - **Frequent colds and nose and throat infections.** Chronic bronchitis (one of the diseases that make up COPD) causes excess mucus production in the airways. That excess mucus makes the body prone to upper respiratory infections.
- COPD.