



Asthma & COPD

Asthma is a respiratory condition in which a person's airways become inflamed and swollen, making it difficult to breathe.¹ Chronic obstructive pulmonary disease (COPD) is a progressive disease caused by long-term exposure to irritants that damage lung cells.² While there is *no* cure for asthma or COPD, once diagnosed *and* with a treatment plan in place those with asthma or COPD *will* be able to manage their condition, and their quality of life will improve.¹

TYPES OF ASTHMA¹



Childhood Asthma



Exercise-induced Asthma (EIA)



Occupational Asthma

ASTHMA LOOKS LIKE:²



NORMAL AIRWAY



WITH ASTHMA



DURING AN ATTACK

ASTHMA SYMPTOMS^{1,2}

- Wheezing
- Coughing that fades after an attack
- Shortness of breath
- Chest tightness
- Exercise intolerance
- Increased heart rate
- Trouble sleeping



16 MILLION

Americans are affected by COPD.³

COPD SYMPTOMS^{2,4}

- Wheezing
- Chronic coughing
- Shortness of breath
- Chest tightness
- Exercise intolerance
- Increased heart rate
- Trouble sleeping
- Chronic cyanosis
- Increase in mucus
- Fatigue
- Increase in respiratory infections



Women make up **56%** of all cases.³

COPD LOOKS LIKE:²



NORMAL AIRWAY



WITH COPD

TREATMENT AND COSTS

By taking the right medication at the right time, those with asthma or COPD will be able to breathe better, do the things that they enjoy, and have fewer flare-ups.⁴

Treatment for both asthma and COPD include:



Short and long-acting bronchodilators, inhaled corticosteroids, or a combination of these products. These products can range from \$50 upwards to \$400 per month.⁵



Some oral products can be used in the management of both conditions. Many of these products include inexpensive generics.⁵



Newer treatments for asthma include biologic therapies. These therapies can range from \$3,000 to \$5,000 per month.⁵

1. Asthma: AAAAI. <https://www.aaaai.org/conditions-and-treatments/asthma>.
 2. Charles Patrick Davis, M. D. (2020, August 14). COPD vs. Asthma Symptoms: 6 Differences and 6 Similarities. MedicineNet. https://www.medicinenet.com/copd_vs_asthma_differences_and_similarities/article.htm.
 3. U.S. Department of Health and Human Services. COPD National Action Plan. National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/COPD-national-action-plan>.
 4. COPD Symptoms. American Lung Association. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/symptoms-diagnosis>.
 5. ProAct Clinical Team