



## **A MINUTE OF HEALTH WITH CDC**

### ***Breathe Better***

*Deaths from Chronic Obstructive Pulmonary Disease Among Adults Aged ≥25 Years — United States, 2000–2005*

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*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

Chronic obstructive pulmonary disease, or COPD, is a condition that restricts a person's airflow, making it difficult to breathe. Air pollutants, like cigarette smoke or occupational dust and chemicals, are the main culprits. A recent CDC study found that COPD was the underlying cause of death in almost three quarters of a million people over the age of 25 in the U.S. At least 75 percent of these deaths may be attributed to cigarette smoke.

Treatments are available, but prevention is the best strategy. If you smoke, quit. If you don't, encourage those around you to quit. We'll all breathe easier.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.