

What can you do?

Sign the declaration

The written Declaration on COPD needs the support of the majority of MEPs. That means it needs your support. This growing health issue needs to be on the political agenda now. Are you ready to help Europe fight COPD?

These MEPs already are:

Catherine Stihler (UK, PSE)
Paulo Casaca (Portugal, PSE)
Avril Doyle (Ireland, EPP-ED)
G rard Onesta (France, Greens-EFA)
Jerzy Buzek (Poland, EPP-ED)

Don't stop there

There are many ways to keep Europe safer from COPD. Here are some of them:

- Support anti-smoking laws
- Work for better health and safety
- Combat pollution
- Encourage public education
- Promote early and correct diagnosis
- Back research

"Breathing problems have plagued me for many years, but it was only recently, when I was hospitalised for an exacerbation, that I was diagnosed with COPD and given treatment. I feel very frustrated, but I want to improve my condition." Giovanni, 56, Italy

This leaflet was prepared by:



European Respiratory
Society

European Respiratory Society

39-41 rue d'Arlon
BE - 1000 Brussels
Belgium
www.ersnet.org



EUROPEAN
LUNG FOUNDATION

European Lung Foundation

Suite 2.4, Huttons Building
146 West Street
Sheffield S1 4ES
UK

www.european-lung-foundation.org



European Federation of
Allergy and Airways Diseases
Patients Associations

European Federation of Allergy and Airways Diseases Patients Associations (EFA)

35 Rue du Congr s
1000 Brussels
Belgium

www.efanet.org



 Swedish Heart and Lung Association

C O P D Chronic Obstructive Pulmonary Disease

Why you should sign the Written
Declaration on COPD

Some facts about COPD

COPD (chronic obstructive pulmonary disease) is a preventable and treatable disease that mainly affects smokers and ex-smokers aged over 40. COPD causes disability, which gets gradually worse. Eventually, people with COPD need oxygen therapy and ventilation support.

- By 2020, COPD will be the **third-largest cause of death** worldwide.
- COPD killed **2.7 million people** in 2000.
- Up to three-quarters of people with COPD have difficulty with simple tasks such as walking upstairs.
- COPD is more common in men than women, although this may be changing.
- COPD is associated with **many other health problems**, including heart disease, diabetes and cancer.
- Because **COPD is under-diagnosed**, it is hard to know exactly how many people suffer from it.
- A recent global study found that about a quarter of 52-60-year-olds in Salzburg, Austria and Krakow, Poland have COPD.
- Smoking is not the only risk factor: environmental tobacco smoke and pollution are also linked to COPD, as is the common genetic disease α_1 -antitrypsin deficiency.
- As the population ages, COPD will become a bigger problem.

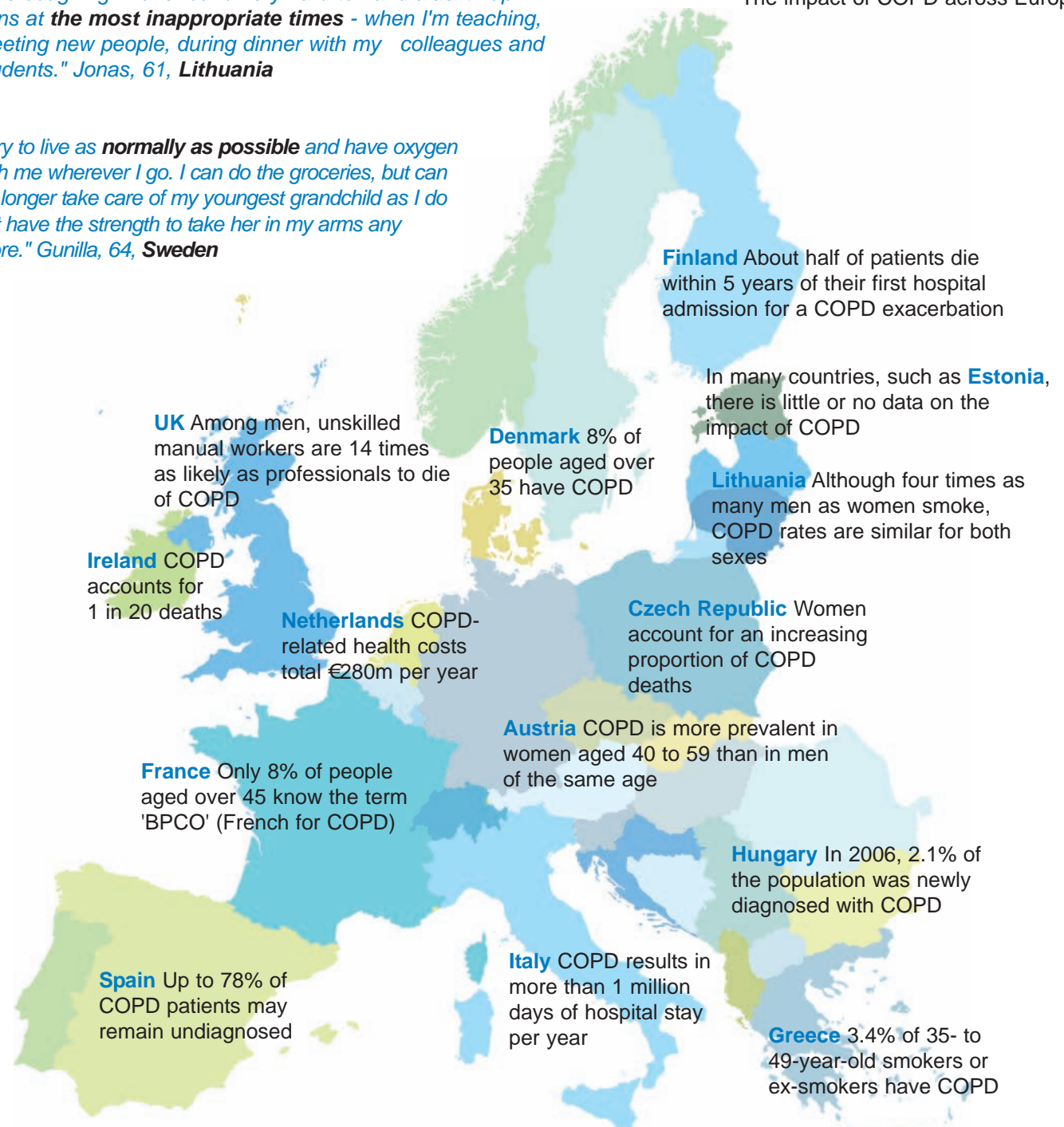
"By 2020 COPD will be the third-largest cause of death worldwide. We must do our utmost to stop the spread of this preventable, treatable and chronically overlooked and underfunded disease." **Catherine Stihler MEP**

*"The coughing I have found very hard to handle as it happens at **the most inappropriate times** - when I'm teaching, meeting new people, during dinner with my colleagues and students." Jonas, 61, **Lithuania***

*"I try to live as **normally as possible** and have oxygen with me wherever I go. I can do the groceries, but can no longer take care of my youngest grandchild as I do not have the strength to take her in my arms any more." Gunilla, 64, **Sweden***

Putting COPD on the map

The impact of COPD across Europe



Data kindly provided by members of the Forum of European Respiratory Societies and EFA.