

Mayo Clinic Minute: Chronic obstructive pulmonary disease brought on by tobacco

Video	Audio
John Costello, M.D. Pulmonology Mayo Clinic Healthcare in London	"Tobacco damages the airways, it damages the substance of the lungs, as well, and causes emphysema and is the major cause of COPD."
	Instead of lighting up, Dr. John Costello hopes people will consider quitting. It's not the only culprit.
	"Environmental smoke can also damage the lungs."
	It's more than a cough. And those with chronic obstructive pulmonary disease are at a higher risk for other diseases.
	"Lung cancer, from heart disease, coronary artery disease, and indeed, at the end stage of the condition, from heart failure.
	Bronchitis and emphysema are two forms of COPD and can occur together. Treatments may help.
	For some - an inhaler, called a bronchodilator, might be used to help with cough and shortness of breath. It works by relaxing constricted airways.
	"If the condition is severe, nebulized bronchodilators, the machine you plug in the wall and put in a rather larger dose.
	COPD, in many cases, can be prevented, says Dr. Costello. His advice?
	"Strongest possible advice here is to quit smoking, to avoid smoking, to avoid smoke in your environment."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.