How Smoking Cause COPD

Smoking is the leading cause of chronic obstructive pulmonary disease (COPD). Smoking is also a trigger for COPD flare-ups. Smoking damages the air sacs, airways, and the lining of your lungs. Injured lungs have trouble moving enough air in and out, so it's hard to breathe.

Smoking is a trigger for many people who have COPD. Smoking can cause an exacerbation, or flare-up, of your symptoms.

You do not have to be a smoker for smoking to cause harm. Exposure to someone else's smoking (called secondhand smoke) is also a trigger for COPD flare-ups.

Smoking damages your lungs. When you have COPD and smoke, your lungs will get damaged more rapidly than if you were to stop smoking.

Quitting smoking is the best thing you can do to protect your lungs and keep your COPD symptoms from getting worse. This can help you stay more active and enjoy life.

How to quit smoking

1. Find Your Reason

2. Prepare Before You Go 'Cold Turkey'

3. Consider Nicotine Replacement Therapy

4. Avoid Alcohol and Other Triggers