

# COPD & Comorbidities

COPD is often accompanied by other conditions.



## COPD

Chronic obstructive pulmonary disease affects approximately 30 million Americans but only 17 million are diagnosed.



## Heart disease

Heart disease significantly increases risk of hospitalization and death, making the typical COPD patient just as likely to die from a cardiovascular cause as they are from a respiratory one.



## Diabetes

Studies show that people with COPD are 2 to 3 times more likely to develop diabetes compared to the general population, largely due to systemic inflammation.



## GERD

Gastroesophageal reflux disease occurs in up to about 40% of COPD patients varying by study, worsening respiratory symptoms and leading to more frequent exacerbations.



## Sleep apnea

Sleep apnea is found in about 10% to 30% of COPD patients, contributing to poor sleep quality and increased daytime fatigue, which can complicate COPD management.



## Weight loss

Approximately 25% to 40% of COPD patients experience unintended weight loss, which can lead to muscle wasting and further exacerbate lung function decline.



## Anxiety and Depression

These are common in COPD patients, with prevalence estimates of 26% to 43%, resulting in a decrease of treatment adherence and quality of life.



## Osteoporosis

Osteoporosis affects almost 40% of COPD patients, increasing the risk of fractures, especially with long-term steroid use.

**Access to treatment can help patients manage COPD and other comorbid diseases.**