

## COPD Life Expectancy

It is almost impossible to come up with accurate figures, as far as life expectancy and medical conditions are concerned. In most cases, the figures are rough estimates that are calculated on the basis of certain factors like the severity of the given medical condition. It may also happen that those in the severe stages of the disease outlive those in mild and moderate stages. Instead of worrying about the figures, it is always better to concentrate on proper treatment and lifestyle changes, especially in a disease like COPD. This will help you manage the symptoms and hinder the progression of the disease to a great extent. Here is a brief overview about the factors that influence the life expectancy of a person, who has been detected with COPD.



By the [lung](#) diseases given in this article we can make out how susceptible this organ is towards getting diseases. So, maintain a healthy diet, stay away from smoking and follow your doctor's advice. Take care!

### COPD Staging and GOLD System

Calculation of COPD life expectancy is mainly based on the degree of severity of the disease, which is measured through a pulmonary function test called spirometry. This test measures the degree of airway obstruction and the capacity of the lungs to hold air and blow it out. As per this test, COPD is classified as mild, moderate, severe and very severe. Usually, the spirometry measurements are given in FEV1/FVC ratios. FEV1 is the forced expiratory volume in one second, which is the greatest volume of air that can be breathed out in the first second of a breath. FVC denotes the forced vital capacity, which is the greatest volume of air that can be breathed out in a whole large breath.

### The Severity of COPD is Determined as Per the FEV1 Value, Measured Twice

Before and after administering a bronchodilator. The person should be healthy and free of any respiratory tract infection, during the test. He/she must also avoid taking any bronchodilator, for at least 24 hours before the test. This staging system was developed by the Global Initiative for Chronic Obstructive Lung Disease.

### Possible Causes

Common Cold and Flu.

*“ Flu and the common cold are infections of the upper respiratory tract, and so, both can affect the throat, besides producing a host of other symptoms. Both common cold and influenza or flu are viral illnesses that can cause a sore throat, fever, a runny nose, muscle aches, headaches, and a dry, hacking cough. The dry cough caused by upper respiratory infections can give you a feeling of something being stuck in the throat.*

### Treating Symptoms is Very Difficult

This is because, many times, it is a nosocomial infection and the organism is highly resistant to many antibiotics and medications. The Klebsiella pneumoniae treatment includes use of antibiotics like aminoglycosides and cephalosporins. Many patients show a good response to third generation drugs like amikin, tobramycin, clavulanate, aztreonam, gentamicin, etc.

Treatment of [bronchitis](#) involves the intake of certain medications that are prescribed depending upon what is actually causing the bronchitis. No matter what bronchitis medication is prescribed, smokers need to quit their unhealthy habit of lighting the cigarette. Tobacco smoke is bound to worsen bronchitis, and therefore smoking cigarettes has to be stopped immediately. Patients with [chronic bronchitis](#) should not hesitate or feel shy to wear masks whenever outdoors. This will minimize exposure to air pollutants, thereby helping to manage this condition more effectively.

*“ Do You Have the Flu, or Just a Cold? It is important for you to know the difference between the symptoms of a regular seasonal cold and the flu. If you wake up sneezing and coughing, with a fever and feeling like you don't want to move out of bed, you could just be suffering from a cold...*



### What is Viral Bronchitis

Viral bronchitis is caused by the virus (family Orthomyxoviridae (the influenza viruses)) that also causes common cold and influenza (flu). A person suffers from bronchitis when the viral infection, causing cold and flu, reaches the lungs and affects the bronchi. People having a weak immune system are more prone to contracting viral infection. When the infection reaches the airways, mucus is formed, blocking the airways. The mucus built up in the airways causes difficulty in breathing, shortness of breath, etc.

### Pollen Allergy

Recent studies suggest that about 15-20% children are suffering from pollen allergy. Seasonal pollen allergy too can turn into bronchitis when necessary precautionary measures to control the symptoms are put on the back burner. No wonder, people who show allergic reactions from exposure to pollen, dust and mold, are predisposed to bronchitis.

- On the other hand, dynamic compliance represents pulmonary compliance during periods of gas flow, such as during active inspiration.
- It can be affected by changes in airway resistance, chest wall compliance, and lung compliance.
- Dynamic compliance is always less than or equal to static lung compliance.
- It is calculated using the following equation:



BronchitisChronic BronchitisCoughLungsAsthmatic BronchitisChronic

- Increase your fluid intake to speed up the recovery from viral infections like cold and flu.
- Drink slightly warm water and soups, which will help thin the mucus and facilitate its expulsion.

While COPD encompasses respiratory conditions like emphysema and chronic bronchitis, smoking (includes long-term exposure to secondhand smoke) is cited as the single largest cause of this life-threatening disease. Air pollution and exposure to occupational fumes may also lead to this condition. Even exposure to cooking fire without proper ventilation may lead to COPD, in the long run. Chronic acid reflux or GERD is said to worsen COPD symptoms. In some rare cases, genetic disorders can also lead to this condition.

- Tea prepared with lemon, cayenne, honey, and apple cider vinegar can also provide relief in throat soreness.
- Ginger and chamomile tea can also be taken to get relief from a sore and dry throat.

### Symptoms

Once Klebsiella pneumoniae enters the lungs, it causes many destructive changes in the lungs. It leads to necrosis, inflammation, hemorrhage, etc. of the lung tissues. This leads to production of a very thick, jelly like mucus that is called 'currant jelly sputum'. The rapid destruction of the lung tissues is the distinguishing factor for Klebsiella pneumoniae infection. Initially, Klebsiella pneumoniae will cause a sudden high fever. This fever is generally more than 103F. The fever is accompanied by other symptoms like chills and dizziness. The patient will also cough up the thick currant jelly sputum. This sputum may show streaks of blood.

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