

Stages of COPD

FROM YourLungHealth.org

Stage	0. At Risk	I. Mild	II. Moderate	III. Severe	IV. Very Severe
Signs and Symptoms	Chronic cough and mucus production.	Usually, but not always, chronic cough and mucus. May not know that lung disease is present.	May have shortness of breath upon exertion. This is the stage where many begin to notice symptoms and go to the doctor regarding symptoms.	Increased shortness of breath. Flare-ups are more frequent.	Symptoms are gradually getting worse. Flare-ups can be deadly.
Spirometry	Normal	FEV1/FVC < 70% FEV1 ≥ 80%	FEV1/FVC < 70% 50% ≤ FEV1 < 80%	FEV1/FVC < 70% 30% ≤ FEV1 < 50%	FEV1/FVC < 70% FEV1 < 30% or FEV1 < 50%
Treatment			Add short-acting bronchodilator as needed		
			<ul style="list-style-type: none"> • Add regular treatment with one or more long-acting bronchodilator • Pulmonary rehabilitation 		
			Add inhaled glucocorticosteroids for flare-ups. Antibiotics may or not be needed <ul style="list-style-type: none"> • Long-term oxygen therapy • Consider surgical treatment 		
Health Tips	<ul style="list-style-type: none"> • Quit all smoking material • Avoid second hand smoke, chemicals, dust, pollution • Annual flu shot and repeat pneumonia vaccines as needed • Eat a well balanced diet • Exercise 				

Adapted from the Global Initiative for Chronic Obstructive Lung Disease