# Stages of COPD

<table>
<thead>
<tr>
<th>Stage</th>
<th>0. At Risk</th>
<th>I. Mild</th>
<th>II. Moderate</th>
<th>III. Severe</th>
<th>IV. Very Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signs and Symptoms</td>
<td>Chronic cough and mucus production.</td>
<td>Usually, but not always, chronic cough and mucus. May not know that lung disease is present.</td>
<td>May have shortness of breath upon exertion. This is the stage where many begin to notice symptoms and go to the doctor regarding symptoms.</td>
<td>Increased shortness of breath. Flare-ups are more frequent.</td>
<td>Symptoms are gradually getting worse. Flare-ups can be deadly.</td>
</tr>
</tbody>
</table>
| Spirometry | Normal                                      | FEV1/FVC<70%  
FEV1≥80%                                                | FEV1/FVC<70%  
50%≤FEV1<80%  
30%≤FEV1<50%  
FEV1<30% or FEV1<50% | FEV1/FVC<70%  
50%≤FEV1<80%  
30%≤FEV1<50%  
FEV1<30% or FEV1<50% | FEV1/FVC<70%  
50%≤FEV1<80%  
30%≤FEV1<50%  
FEV1<30% or FEV1<50% |
| Treatment | Add short-acting bronchodilator as needed   | Add regular treatment with one or more long-acting bronchodilator       | Pulmonary rehabilitation                           | Add inhaled glucocorticosteroids for flare-ups. Antibiotics may or not be needed | Long-term oxygen therapy  
Consider surgical treatment |
| Health Tips | 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