

CLRD Chronic Lower Respiratory Disease

What is Chronic Lower Respiratory Disease?

CLRD describes a group of respiratory diseases including asthma, emphysema, chronic bronchitis, bronchiectasis and Chronic Obstructive Pulmonary Disease (COPD), all of which are characterized by impaired lung function.



AZ Fast Fact

CLRD is the third leading cause of death in Arizona.¹

Who has CLRD in Arizona?

The vast majority of people who have CLRD are White, and age 45 years and older.

What are the signs and symptoms of CLRD?

- Chronic cough
- Wheezing
- Coughing up more mucus than usual
- A change in the color or thickness of that mucus
- More shortness of breath than usual

- Tobacco use, the greatest risk factor for lung disease, was reported among 16% of Arizona adults in 2009.¹
- CLRD was the cause of 1,502 deaths in women and 1,394 deaths in men in Arizona in 2008.¹

What are the risk factors for CLRD?

In the United States, tobacco use is a key factor in the development and progression of CLRD. Asthma, exposure to air pollutants in the home and workplace, genetic factors and respiratory infections also play a role.

What can I do about it?

Early detection might alter CLRD's course and progress. A simple test can be used to measure pulmonary function and detect CLRD in current and former smokers aged 45 years and older and anyone with respiratory problems.

Keys to preventing the initial development:

- Quit smoking
- Avoid secondhand tobacco smoke
- Avoid home air pollutants
- Avoid workplace air pollutants
- Treat respiratory infections

What is Arizona doing?

Arizona participates in several programs to help prevent or control CLRD, including:

- *Arizona Smokers' Helpline: (800) 55 66 222 or ASHLine.org*
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.
- *ADHS Bureau of Tobacco and Chronic Disease: tobaccofreearizona.org*
ADHS BTCD works to prevent youth initiation of smoking and provides services to help people quit tobacco.
- *Breathe Easy Arizona: breatheeasyaz.org*
A COPD Collaborative Program dedicated to promoting lung health and prevent disease through education, advocacy and outreach to provide an increased quality of life.

Further information and resources

Arizona Smokers' Helpline
(800) 55 66 222 or **ASHLine.org**
ASHLine provides free telephone and online quit coaching and free nicotine replacement therapies (NRT) to all Arizonans.

Centers for Disease Control and Prevention
cdc.gov/copd
An online source for credible health information, including basic information about lung disease, its risks factors and the benefits of early detection and treatment.

American Lung Association of Arizona
lungarizona.org
Part of the nation's oldest health organization that works to prevent lung disease and promote lung health through cutting edge research, proven education programs and public health advocacy.

Arizona Health Matters
arizonahealthmatters.org
An interactive website that provides information about community health, including asthma indicators by county and zip code.



Bureau of Tobacco and Chronic Disease
www.tobaccofreearizona.com