

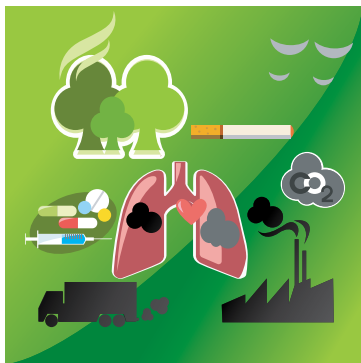
# Chronic Obstructive Pulmonary Disease (COPD)

COPD is a lung disease that makes breathing slower and harder. People with COPD have air sacs that are hard, thick and clogged with extra mucus.

The World Trade Center (WTC) Health Registry has conducted a study<sup>1</sup> showing that enrollees who were exposed to the WTC dust or worked on the debris pile had increased odds of being diagnosed with both asthma and COPD.

## What are the causes and symptoms of COPD?

### Causes



- Smoking or vaping
- Air pollution, chemical fumes or dust from the environment
- Exposure to toxins from the 9/11 disaster

### Symptoms



- Shortness of breath
- Wheezing and chest tightness
- Frequent colds
- Constant coughing with mucus

COPD is one of 52 health conditions covered by the Centers for Disease Control and Prevention's WTC Health Program. The program provides medical monitoring and treatment for responders of the 9/11 disaster and related sites in New York City (NYC), Washington, D.C., and Shanksville, PA. It also serves survivors who were in the NYC disaster area. To find out if you are eligible for assistance, apply at [cdc.gov/wtc/application.html](https://cdc.gov/wtc/application.html).

To learn more about COPD and other 9/11-related health conditions, visit [nyc.gov/911health](https://nyc.gov/911health) and click on the **Enrollees** tab, then **Health Conditions**.

NYC Well staff are available 24/7 to provide brief counseling and referrals to care in over 200 languages. For support, call 888-NYC-WELL (888-692-9355), text "WELL" to 65173 or chat at [nyc.gov/nycwell](https://nyc.gov/nycwell).

This material is provided by the NYC Department of Health and Mental Hygiene's WTC Health Registry. For questions, email [wthcr@health.nyc.gov](mailto:wthcr@health.nyc.gov).

1. Haghghi A, Cone JE, Li J, de la Hoz RE. Asthma-COPD overlap in World Trade Center Health Registry enrollees, 2015-2016. *J Asthma*. DOI: 10.1080/02770903.2020.1817935