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We request you to please share this post with others so that they can have an insight of this posting and so that they can also have their own URL for this posting. of patients are diagnosed each year with chronic obstructive pulmonary disease (COPD) in the United States. COPD is a generic term for diseases characterized by limitations in airflow that are associated with increased or abnormal airway resistance or both. These airway limitations are due to abnormalities in the smaller conducting airways of the lungs. While there are many causes of COPD, the common characteristic of all COPD is narrowing of the airways that lead to increased work that the lungs have to exert to bring air into the lungs and to force air out of the lungs. The disease generally involves progressive, non-reversible narrowing of the airways, which reduces the amount of air that can be exhaled by the lungs. Emphysema is a type of COPD characterized by destruction of the alveoli, or air sacs, in the lungs. The destruction of the air sacs leaves the patient with a severe chronic respiratory disease that makes it difficult for the patient to breathe, cough, and talk. Additionally, an individual may lose their sense of smell and taste as the disease progresses. Individuals with severe COPD may also experience chronic bronchitis, which is characterized by persistent symptoms and infections in the large airways (the trachea and main bronchi) of the lungs. The primary symptoms of COPD include: dyspnea (shortness of breath), chronic cough and sputum production. Secondary symptoms may include wheezing, weight loss, and lower back pain. Unfortunately, however, COPD is often not detected until advanced stages of the disease when it cannot be reversed. In fact, many patients are given diagnoses such as "chronic bronchitis" or "reflux disease" or "GERD" (gastroesophageal reflux disease) when, in fact, they have COPD. The primary risk factors for COPD include age, exposure to certain carcinogens (such as tobacco smoke), frequent and severe exposure to air pollutants such as fine particulates and sulphur dioxide, and alpha-1-antitrypsin deficiency. These are all avoidable risk factors, and the data suggest that a significant proportion of lung cancer cases may

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