COPD costs lives and healthcare dollars
- An estimated 24 million Americans—about half with diagnosed COPD—have impaired lung function\textsuperscript{1,2}
- COPD healthcare, morbidity, and mortality cost the United States $49.9 billion in 2010\textsuperscript{1}

COPD increases the risk of morbidity and mortality
- COPD was associated with higher risks of 5-year mortality and comorbid diabetes, hypertension, and cardiovascular disease in a cohort of 20,296 US adults aged 45 years and older\textsuperscript{3}
- The main causes of death are respiratory failure (in advanced COPD) and lung cancer or cardiovascular disease (in mild or moderate COPD)\textsuperscript{4}

COPD is commonly associated with many comorbidities, including:
- Lung cancer\textsuperscript{5}
- Depression\textsuperscript{6}
- Ischemic heart disease\textsuperscript{6}
- Anemia\textsuperscript{5}
- Hypertension\textsuperscript{6}
- Pneumonia\textsuperscript{5}
- Osteoporosis\textsuperscript{5,6}
- Diabetes\textsuperscript{5}
- Sleep disorders\textsuperscript{6}
Mood Disorders and COPD Burden

In the United States, 8% of adults have chronic depression,7,8 and 18% have anxiety disorders7,8.

- Major depression costs a total of $97.3 billion each year9.

Both depression and anxiety increase symptom burden in patients with chronic comorbid conditions, including COPD10.

**Recognition of anxiety and depression in women with COPD may be particularly important. Women with COPD have higher levels of anxiety and depression than men with COPD11,12**

**Depression, anxiety, and COPD**

Depression and anxiety are often associated with significant issues in patients with COPD, including:

- Poorer physical and social functioning12,13
- Severe dyspnea12
- Poorer survival13
- Longer hospital stays13
- Increased symptom burden12,13
- Poorer quality of life12
- Continued smoking12,13

The harmful cycle of comorbid depression and anxiety12-15

![Diagram showing the cycle of depression and anxiety with Long-term health problems leading to Trouble carrying out behavior that improves health, which leads to Feeling worse, which then leads to More health problems and More problems taking care of self and family.]

- **Taking medicine**
- **Quitting smoking**
- **Managing diet**
- **Staying active**

**REFERENCES:**