

## Asthma vs. COPD: Know how they overlap

\*\*\*SOT\*\*\*

Tracy Packer, advanced practice provider in pulmonology at OSF HealthCare

"The most common causes are allergens, chemicals, cigarette smoke and dust. The most important thing is to know and avoid your triggers." (:12)

\*\*\*SOT\*\*\*

Tracy Packer, advanced practice provider in pulmonology at OSF HealthCare

"Chronic bronchitis is when the airways have chronic inflammation that causes an increase in mucus production. This occludes the airway. I like to think of emphysema as airway damage." (:18)

\*\*\*SOT\*\*\*

Tracy Packer, advanced practice provider in pulmonology at OSF HealthCare

"Asthma has a reversible component. It's reversible airway obstruction. COPD is chronic and progressive. Our job is to help slow down the process so our patients can live a full, healthy life." (:19)

\*\*\*SOT\*\*\*

Tracy Packer, advanced practice provider in pulmonology at OSF HealthCare

"There's an education component where they learn techniques like pursed lip breathing." (:05)

\*\*\*SOT\*\*\*

Tracy Packer, advanced practice provider in pulmonology at OSF HealthCare

"Doctors will remove a damaged part of the airway to reduce lung overinflation. They take that away so the lungs are functioning a little better. You're not trying to use part of a lung that's not functioning." (:15)