

Asthma vs. COPD

Asthma

Asthma is a narrowing of the airways due to inflammation, extra mucous, and muscles tightening around the airways. When a person's airways narrow in response to a trigger (an asthma attack), medications are taken to relax the muscles, open the airways and allow improved breathing. This means that asthma is usually reversible--the airways can go back to a more normal state.

COPD

Chronic Obstructive Pulmonary Diseases are chronic lung diseases which include several illnesses such as chronic bronchitis and emphysema. These illnesses are similar as they all make it hard to breathe because they decrease lung function. However, with proper treatment and good education, it is possible to slow the progress of the disease.

Differences Between Asthma and COPD Symptoms

Asthma

- Not always productive cough
- Usually reversible
- Often associated with allergies
- Cough at night and early mornings

COPD

- Cough is usually productive
- Symptoms not reversible
- Common history of smoking
- Cough in morning and throughout the day.