



## Your Result

**Screening May Be Recommended**

Based on your symptoms and/or smoking history, screening for COPD may be recommended.

- You have a significant history of tobacco use. The best thing you can do to manage your risk of COPD is to stop smoking. Talk to your doctor about plans or therapies to help you quit.

## View Your Risk Factors

*Open any Risk Factor below to learn more about your risk and what you can change.*

Age	Average Risk <span>▼</span>
<p><b>Age</b></p> <p>Age under 40 <b>Average Risk</b></p> <p>Most people are at least 40 years old when symptoms of COPD first appear, with most cases diagnosed in people over age 60. This is due to the effect of long-term exposure to tobacco smoke or other environmental risk factors.</p>	

Environmental Risk

Not Applicable 

### Environmental Risk

Current or former smoker  
**Not Applicable**

Environmental Risk Factors	You Reported
Second-hand smoke	<i>Not applicable*</i>
Gases, dust, industrial fumes, or vehicle exhaust fumes	<i>Not applicable*</i>
High levels of outdoor air pollution	<i>Not applicable*</i>
Indoor pollution caused by smoke from cooking or heating fires	<i>Not applicable*</i>

*\*This question was only asked to people reporting they have never used tobacco.*

#### Environmental Exposure

Long-term exposure to smoke, air pollution, dusts or fumes makes the risk of developing COPD go up.

- Second-hand smoke can cause COPD in people who don't smoke. The more exposure, the higher the risk. Someone who has lived with a smoker for five years or more is considered a passive smoker.
- Dusts (for example: sawdust, metal dust, concrete dust)
- Inhaled gases and fumes (such as industrial or vehicle exhaust fumes)
- High levels of outdoor air pollution (smog)
- Smoke caused by cooking or heating fires inside the home

## Family History

Average Risk 

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Average Risk

Family History Risk Factors	You Reported
COPD	No
Frequent chest infections or pneumonia	No
Allergies	No
Wheezing	No
Frequent cough that produces mucus/phlegm	No
Bronchiectasis (inflamed airway walls)	No

**Family History**

Genetics play a part in whether an individual is at increased risk for COPD.

A inherited condition called alpha-1 antitrypsin deficiency (alpha-1) can sometimes cause lung disease, referred to as “genetic COPD.”

For people with a family history of respiratory problems or COPD, a simple blood test can determine if they have alpha-1. Early diagnosis and treatment can help prevent the condition from getting worse.

## Personal History

Increased Risk 

## Personal History

Increased Risk

Personal History Risk Factors	You Reported
Frequent bronchitis	<b>Yes</b>
Frequent pneumonia	<b>No</b>
Tuberculosis	<b>No</b>
Severe childhood respiratory infection(s)	<b>No</b>
Allergies	<b>No</b>
Asthma	<b>No</b>

**Personal History**

Individuals with a prior history of asthma, frequent respiratory infections like bronchitis or pneumonia, or those who experienced severe respiratory infections during childhood face an increased risk of developing COPD in adulthood, regardless of their smoking history.

Additionally, having had tuberculosis significantly increases the risk of COPD because the disease can potentially lead to lung scarring.

Work with a health care professional to manage your risk.

### Symptoms in Non-smokers

Current or former smoker  
**Not Applicable**

Symptoms	You Reported
Chronic Cough	<i>Not applicable*</i>
Persistent or worsening shortness of breath	<i>Not applicable*</i>
Shortness of breath with exercise	<i>Not applicable*</i>
Chest tightness	<i>Not applicable*</i>
Wheezing or whistling when you breathe	<i>Not applicable*</i>
Coughing up phlegm when you don't have a cold	<i>Not applicable*</i>
Unexplained fever	<i>Not applicable*</i>
Unexpected weight loss	<i>Not applicable*</i>
Chronic fatigue or general tiredness	<i>Not applicable*</i>

*\*This question was only asked to people reporting they have never used tobacco.*

#### Non-smokers Can Also Develop COPD

Tobacco use is a significant risk factor for the development of COPD. However, it's important to note that non-smokers can also be at risk for COPD, though to a lesser degree.

Exposure to lung irritants like second-hand smoke and environmental pollutants along with personal or family history can increase the risk of developing COPD in non-smokers.

It's important to minimize your exposure to risk factors and talk with a health care professional about any symptoms you may have.

### Smoking Status

**Current Smoker**  
**High Risk**

Smoking is the primary cause of COPD. The likelihood of developing COPD increases the more you smoke and the longer you've smoked.

There is no cure for COPD, but symptoms can be improved with medications and by avoiding smoke and other air pollutants.

### Tobacco Use History

**31 Pack-Years**

Your Tobacco Use History	Pack Year Equivalent
<b>Cigars</b> 2 per day for 3 years	<b>1 Pack-Year</b>
<b>Cigarettes</b> 24 per day for 25 years	<b>30 Pack-Years</b>

**Total: 31 Pack-Years**

#### What Is a Pack-Year?

Tobacco use is measured in "pack-years." The type of tobacco, amount smoked, and number of years smoked are used to calculate this number.

One pack-year is equal to 20 cigarettes per day for one year, 2 packs per day for half a year, and so on.

Weight

Average Risk ^

## Weight

250 lbs.

Average Risk

Low body weight, specifically underweight or being significantly undernourished, can increase the risk of developing COPD due to several factors, including:

- reduced muscle mass and strength needed to breathe effectively
- weakened immune system and poor nutrition
- reduced ability for lungs to handle stress or energy needs

COPD is more commonly associated with risk factors like smoking, environmental exposures, and genetic predisposition. However, underweight individuals should be aware of the potential impact on their respiratory health and consider working with a health care professional to address their nutritional needs and lung health.

## What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease. It's a chronic respiratory condition that affects the lungs and makes it difficult to breathe.

COPD is most often caused by long-term exposure to irritants such as cigarette smoke, air pollution, and occupational dust or chemicals. Common symptoms include shortness of breath, chronic cough, wheezing, and chest tightness.

COPD is a progressive disease, meaning it worsens over time, and there is no cure. However, various treatments, lifestyle changes, and medications can help manage the symptoms and slow down its progression.

It's important for people with COPD to work closely with a healthcare provider to develop a personalized treatment plan.

## What is Spirometry?

Spirometry is a common medical test used to assess lung function and diagnose respiratory conditions. It measures the volume and flow of air as a person breathes in and out.



During a spirometry test, the individual breathes into a device called a spirometer, which records how well the lungs are functioning.

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## Take Your Next Steps

Based on your results, we recommend seeing your doctor for a consult.

[Schedule an Appointment](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

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NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

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