

COPD and Your Heart

What you need to know

Your lungs and heart work together - when one is affected, the other can be too. COPD and cardiovascular disease (CVD) can be linked. If you have COPD, you might face heart issues that can go unnoticed. Symptoms like shortness of breath and fatigue can overlap in both conditions, making diagnosis difficult, so it is important to monitor your heart health alongside your COPD.

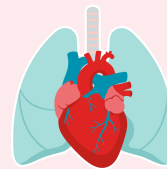
Heart disease

- People with COPD caused by smoking may also have coronary artery disease
- The risk of heart attack doubles within five days after a COPD flare up and stays higher for up to a year
- Cigarette smoking is strongly linked to COPD and coronary artery disease



High blood pressure in blood vessels of the lungs (Pulmonary Hypertension)

- Pulmonary Hypertension is common in people with COPD and affects survival
- Caused by low oxygen and inflammation in the lungs
- It can lead to right-sided heart failure if untreated



High blood pressure, Hypertension (Arterial Hypertension)

- High blood pressure is common when you have COPD
- It affects an estimated 30-50% of people with COPD
- High blood pressure increases the risk of a heart attack because it forces the heart to work harder to pump blood



Irregular heartbeat (Arrhythmia)

- Cardiac arrhythmias can occur in people with COPD and vice versa
- People with COPD have a 28% higher risk of AFib, which doubles with frequent flare-ups.
- Uncontrolled COPD is a significant risk factor for irregular heart rhythms such as atrial fibrillation (AFib) and sudden cardiac events

