

准考證號碼： _____

姓名： _____

1 **The Disease That Killed "Spock": Chronic Obstructive Pulmonary Disease**

2 What is chronic obstructive pulmonary disorder (COPD)? That term refers
3 to a group of diseases that cause airflow blockage and breathing-difficulties,
4 including emphysema and chronic bronchitis. In the United States COPD most
5 often stems from exposure to tobacco smoke. Genetic factors, respiratory
6 infections and air pollutant exposures, however, can also play a role. It's a
7 leading cause of death in the U.S., with symptoms including shortness of
8 breathing, wheezing, chronic coughing or excess production of mucus in the
9 airway. The disease is typically diagnosed with a simple breathing test to assess
10 how much air a person can inhale and exhale called spirometry. And while
11 medications can help patients improve their breathing by dilating their air
12 passages, it has no cure.

13 It's also a massive global problem. In 2012, six percent of all deaths around
14 the world were attributed to COPD – equivalent to more than 3 million deaths.
15 More than 90 percent of those deaths occurred in low or middle-income
16 countries, according to the World Health Organization. In settings where
17 families may cook over traditional cookstoves that rely on solid fuels to cook
18 (like burning feces), such harmful exposure and subsequent poor air quality is a
19 significant contributor to COPD. And globally, COPD now develops among
20 men and women in equal numbers.