



Asthma-COPD Overlap Syndrome (ACOS)

ACOS occurs when you have symptoms of both asthma and COPD. Recognizing that features of both conditions are present is important to optimize your treatment plan and improve quality of life.



Symptoms

Difficulty breathing

Excess mucus

Tiredness

Frequent coughing

Shortness of breath

Wheezing



Steps you can take to control ACOS

1. Take all medications as prescribed
2. Visit your doctor for regular asthma checkups and COPD maintenance
3. Avoid secondhand smoke and try to quit smoking: [Montana Tobacco Quit Line](#)
4. Know your asthma triggers and try to avoid them
5. Get flu and pneumococcal vaccines, as recommended for your age and medical conditions.

Facts about ACOS



Who has ACOS?

Around 30 percent of Montanans with COPD have a history of asthma, which may indicate ACOS



Onset age is younger

ACOS can occur in younger patients. Talk to your doctor if you have asthma and notice symptoms consistent with ACOS



COPD and asthma risk factors

Cigarette smoking is the biggest risk factor for COPD, as well as a trigger for asthma. Air pollution; working with chemicals, dust, or fumes; and a history of respiratory infections all are also risk factors for COPD.



Resources

For more information on ACOS, you can visit any of these websites:

- American Lung Association
- American College of Allergy, Asthma, & Immunology
- [Healthline](#)

Sources: Montana BRFSS, 2020

<https://www.mayoclinic.org/diseases-conditions/copd/symptoms-causes/syc-20353679>

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/diagnosing-treating-asthma/asthma-copd-overlap-syndrome>



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