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COPD is a chronic obstructive pulmonary disease, usually characterized by chronic inflammation of the airways and lung parenchyma. The main symptoms are cough, breathlessness, and phlegm production. COPD includes two main forms: chronic obstructive bronchitis and emphysema. Chronic obstructive bronchitis is characterized by inflammation of the airways and increased mucus production, leading to chronic cough and phlegm. Emphysema is characterized by the destruction of the small air sacs in the lungs, leading to shortness of breath. The disease is usually progressive and is among the leading causes of death worldwide.

Vitamin D deficiency is a common worldwide problem, affecting up to 50% of the global population. Vitamin D is important for bone health, immune function, muscle function, and may have a role in the development of chronic diseases such as cancer, diabetes, and cardiovascular disease. Vitamin D deficiency can result in a number of symptoms, including muscle weakness, bone pain, and fatigue.

Influence of anxiety on health outcomes in COPD is a significant issue. Anxiety can lead to increased stress, which can worsen COPD symptoms, and may also lead to decreased quality of life.

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