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Introduction

Chronic obstructive pulmonary disease (COPD) is a leading cause of morbidity and mortality worldwide, characterized by persistent airflow limitation and associated with significant health and economic burdens. The pathogenesis of COPD is multifactorial, involving a complex interplay of genetic, environmental, and lifestyle factors. Smoking is the primary risk factor for COPD, and its cessation is crucial for improving outcomes. However, the process of smoking cessation is often challenging, and many individuals struggle to maintain long-term abstinence. This review explores the current understanding of COPD pathogenesis, the impact of smoking cessation, and the role of various interventions in managing the disease and improving patient quality of life. We discuss the importance of a holistic approach, addressing both the physical and psychological aspects of the condition, and highlight the need for further research to optimize treatment strategies and support for individuals with COPD.

