COPD Essentials for Physicians

Presenting Organization

• Event Name
• Event Date
• Presenter Name, Title
Why COPD? Why Now?

• 4\textsuperscript{th} leading cause of death
  – Only top killer with increasing mortality

• 12 million diagnosed

• Another 12 million undiagnosed
Why COPD? Why Now?

• COPD patients will become a greater proportion of caseload.

• Treatment advances
  – Can improve quality of life.
  – May slow the progression of the disease.
  – Diagnosis is key.
Risk Factors

• Age 40 and over
  – Persistent/progressive dyspnea
  – Chronic cough
  – Sputum production
  – Unusual and noticeable decline in activity level, especially with smoking history.

• Genetic factors (AAT deficiency) and occupational exposures also play a role.
  – 1 out of 6 Americans with COPD has never smoked
Diagnosis: Pulmonary Function Testing

- Spirometry
  - Determines severity
  - Distinguishes from asthma
- Diagnosis
  - $\text{FEV}_1/\text{FVC}<0.7$ (postbronchodilator)
    - Smoking cessation
## Treatment Options for COPD

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Treatment

• Early detection and early treatment can slow COPD and improve quality of life.
  – Aggressive management makes a difference.
  – Advances in therapies can improve survival or quality of life.

• Smoking cessation
  – www.smokefree.gov
Summary

• Diagnosis and treatment of COPD is worth our efforts and attention.

• Consider COPD diagnosis in your patients with chronic shortness of breath.

• Proactive treatment can improve and extend lives.
Learn More  Breathe Better

www.LearnAboutCOPD.org

or

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