

TODAY'S VIEW ON COPD: WHAT IS WORTH FOCUSING ON?

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Abstract

Last decade has been marked by the worsening of COPD epidemiology, particularly due to increase of its prevalence and mortality. According to recent data COPD is a cause of more than 3 million or 6 % of all deaths annually. Among the causes of high mortality rate the experts mention the exacerbations of the disease. An exacerbation of COPD is defined as an event, characterized by dyspnea and/or cough and sputum, that worsen over last 14 days. Exacerbations are frequently associated with the increased local and systemic inflammation caused of respiratory tract infection, air pollution or other insults to the lungs. Prevention of exacerbations as a major factor of COPD progression is one of the prerogatives of respiratory medicine. Patients with COPD and cardio-vascular comorbidity is the most vulnerable cohort due to high risk of mortality. Timely initiation of triple inhalation therapy with LAMA/LABA/ICS combination for patients with high risk of unfavorable outcomes is one of effective tools to reduce mortality. Clinical trials proved its statistically significant efficacy. Current understanding of the problem requires individualized approach to management of COPD, based on close contact with the patients, monitoring of availability and accessibility of medications, control of inhalation technique and treatment compliance, psychological and information support of the patients.

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