

COPD and the Hispanic/Latino Culture

Unidos Hablemos United, Let's Talk

Virtual Conference
December 4th
4:00 PM ET

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United, Let's talk
2024

mensajeros
confiables

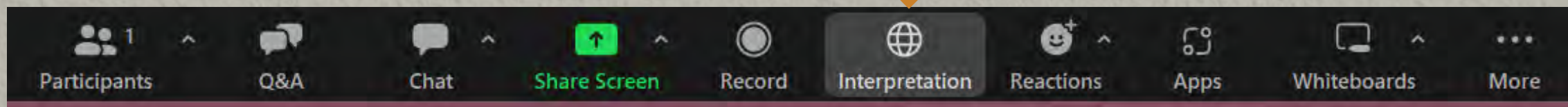
COPD

Chronic obstructive pulmonary disease

Presented by: Allergy & Asthma Network

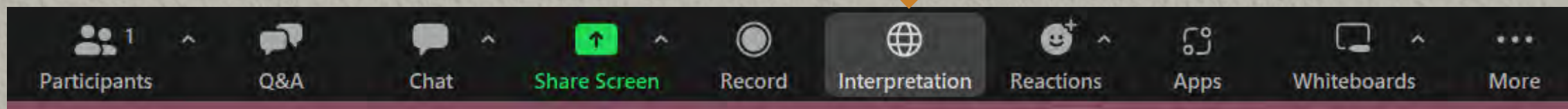
Esta conferencia virtual será
presentada en español.

Para interpretación en inglés,
elija el canal “inglés”



This webinar will be presented in Spanish.

For English interpretation, select the English channel.



Today's speakers



Facilitator
Marcela Gieminiani,
Administration Director of
Allergy & Asthma Network



Speaker
Diego J. Maselli, MD FCCP ATSF



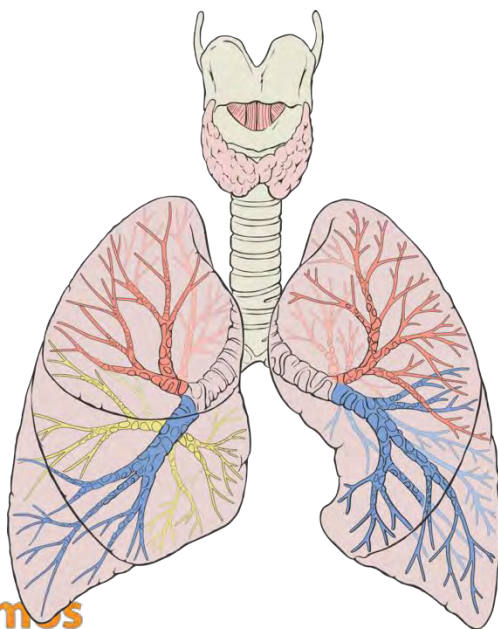
Patient Advocate
Ruthie Marker MSRC, RRT,
RRT-NPS, AE-C, LSSYB

Speaker

Presented by: **Diego J. Maselli, MD FCCP ATSF**

What is COPD?

It is a common lung disease that makes breathing difficult and worsens over time.



GOLD 2025, <https://goldcopd.org>

What is COPD?

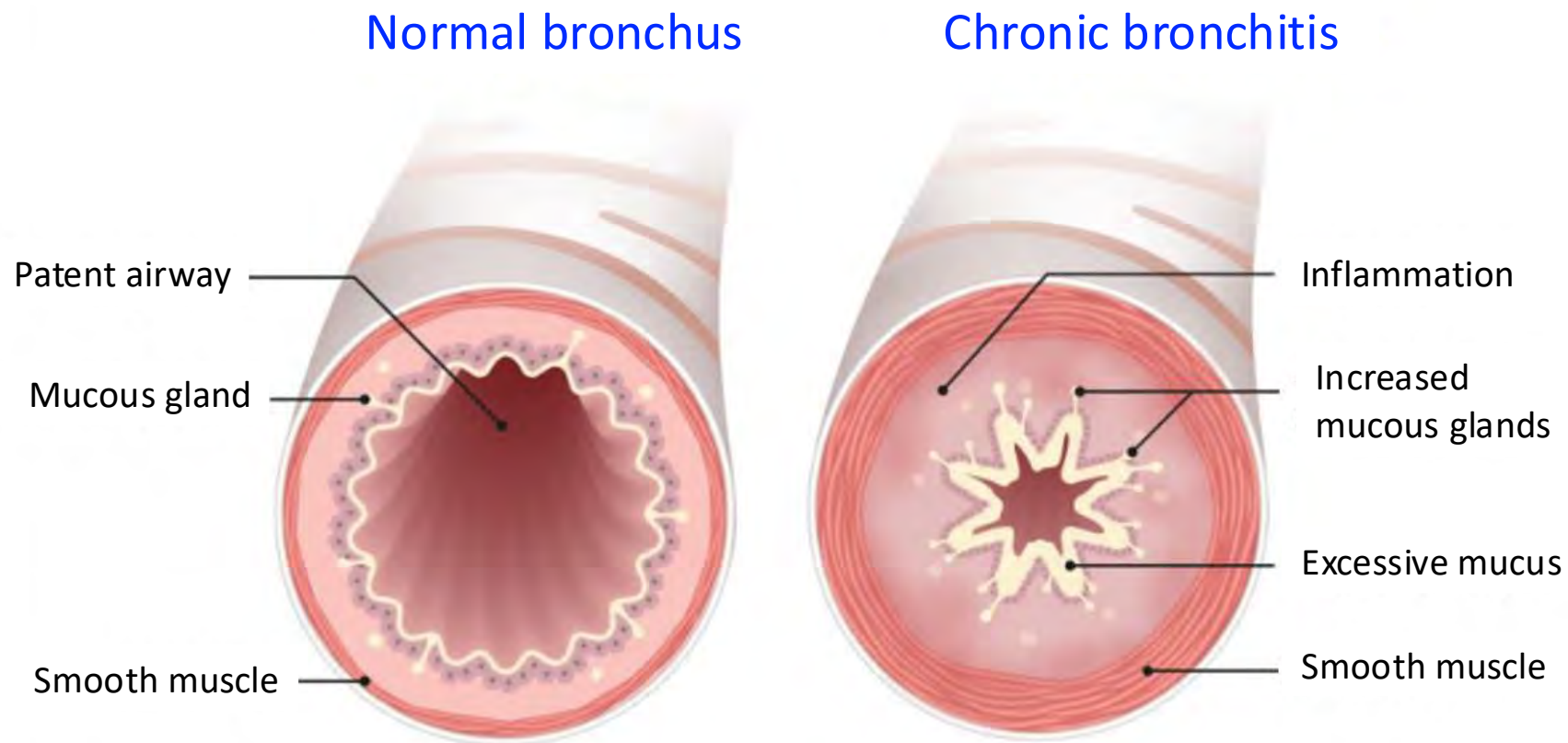
It includes 2 main components:

- 1) **Chronic bronchitis:** It is characterized by a persistent cough with mucus.
- 2) **Emphysema:** It is characterized by damage to the lungs over time.

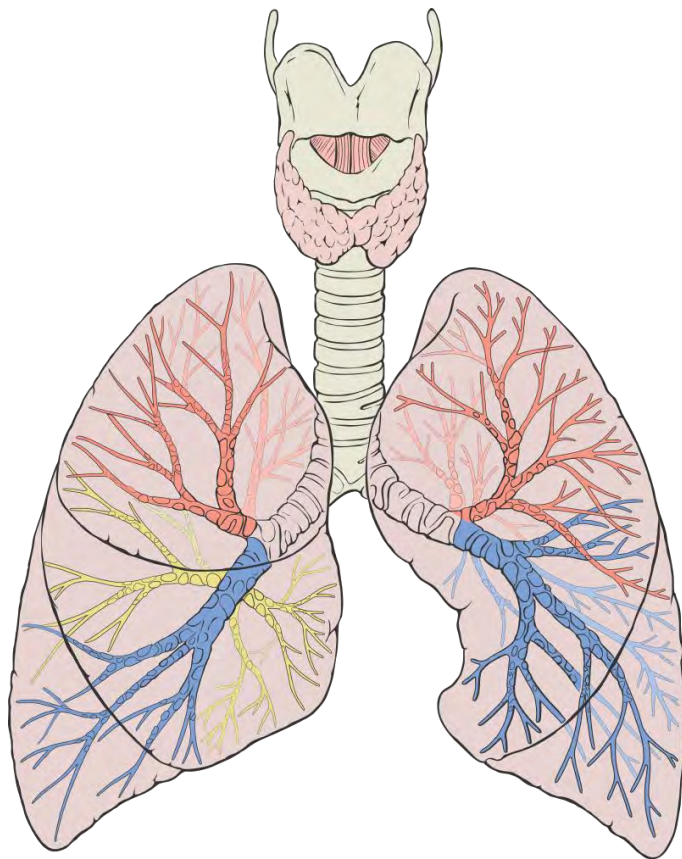


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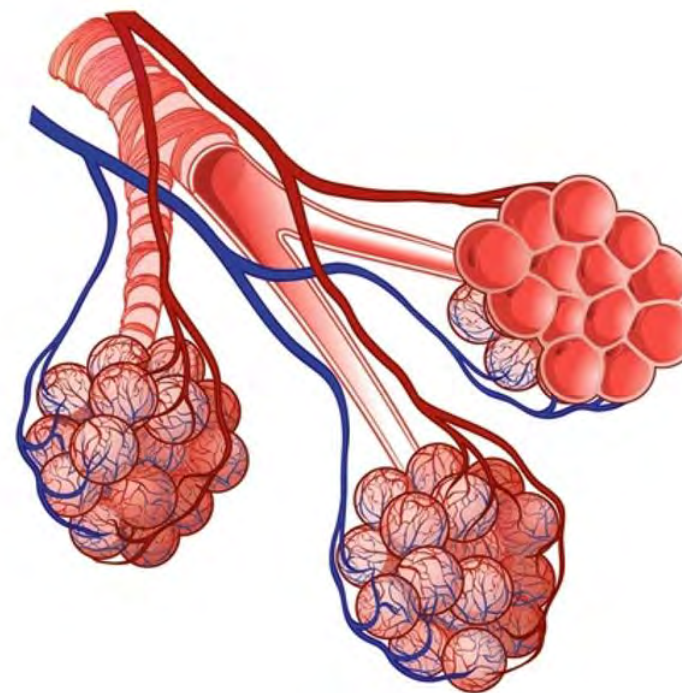
What is chronic bronchitis?



What is an emphysema?

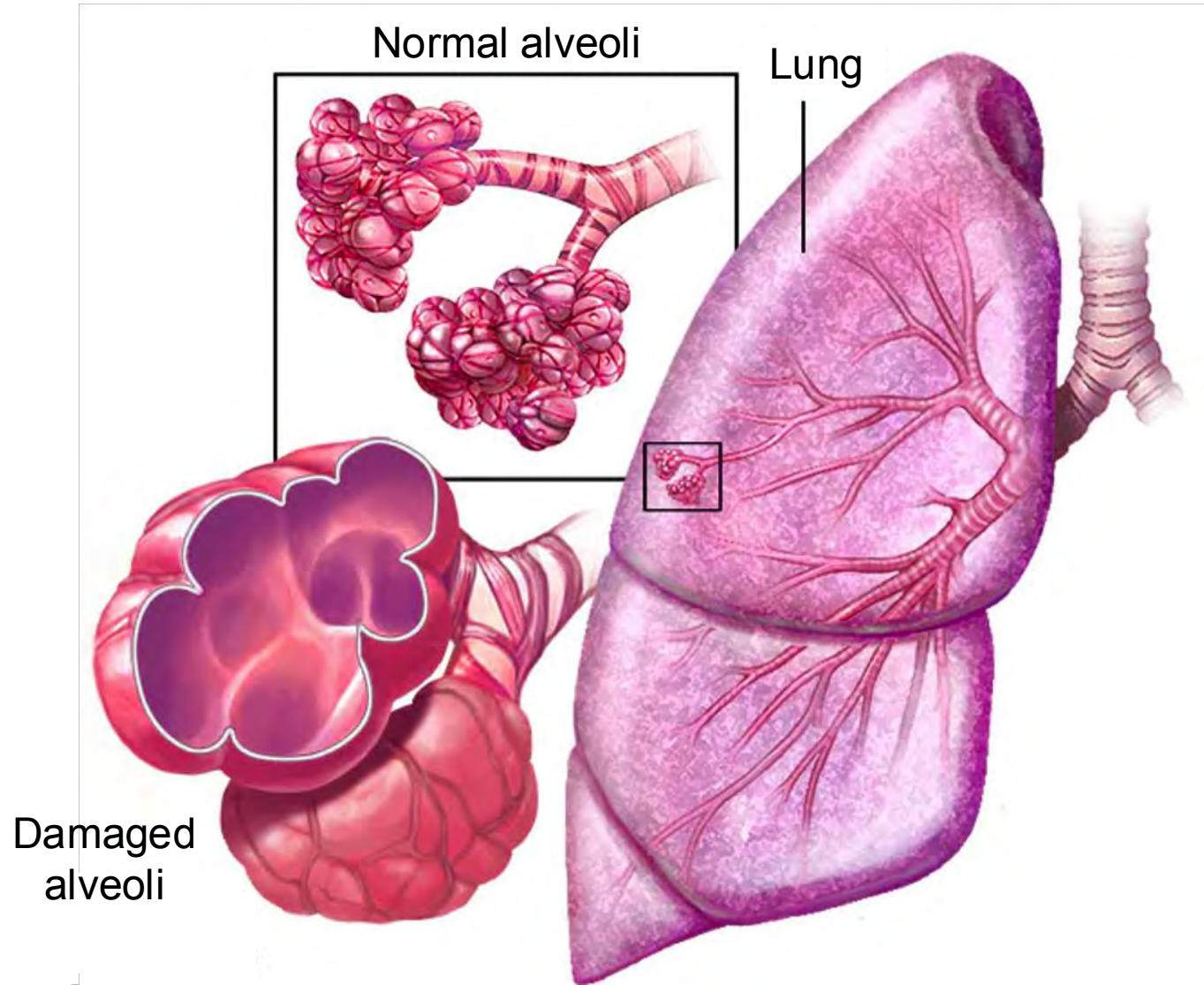


Lungs

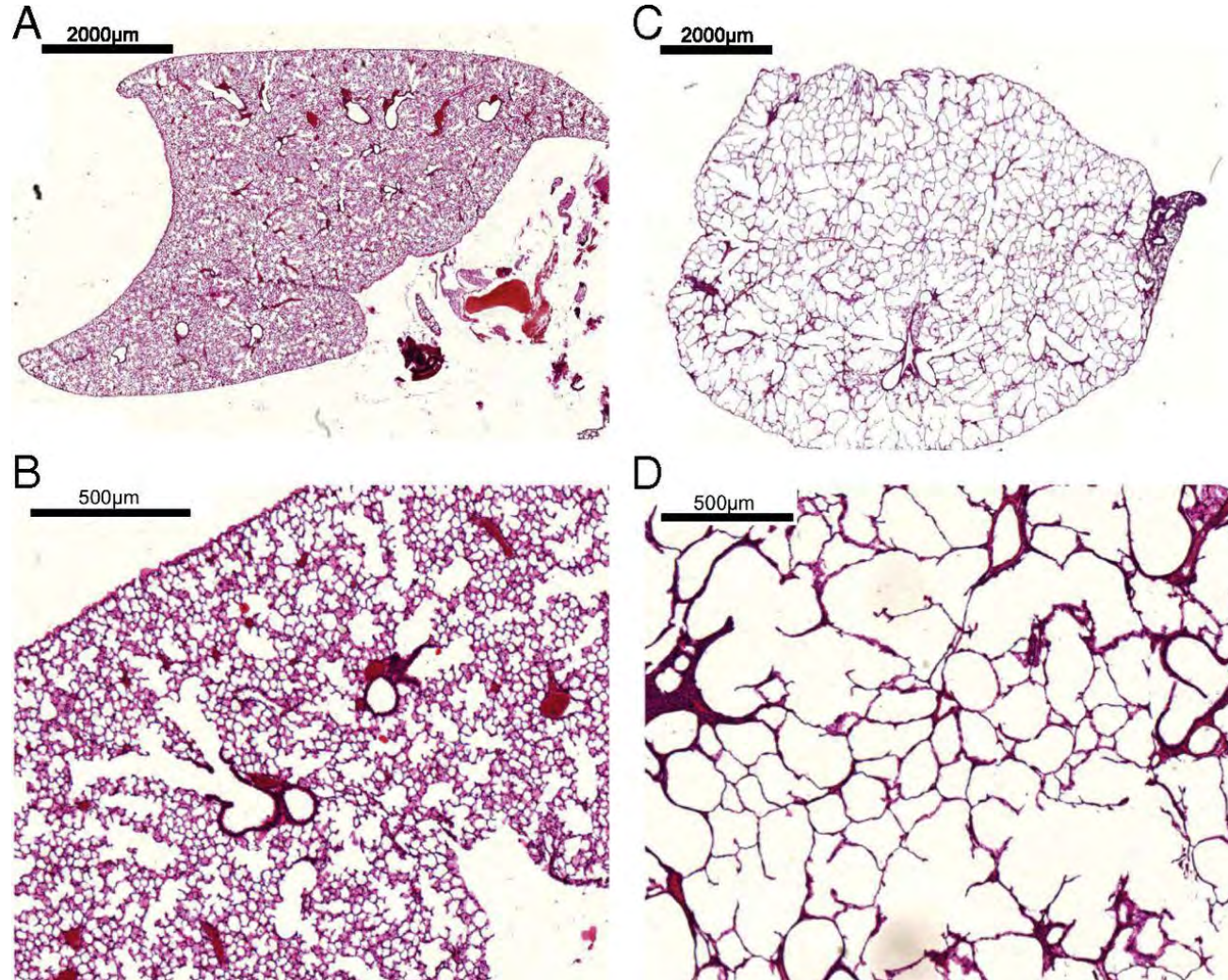


Alveoli

What is an emphysema?



What is an emphysema?



What causes COPD?

Long-term exposure to smoke and/or other toxic agents:

- 1) Tobacco smoke
- 2) Wood/cooking smoke
- 3) Pollution



Survey question

- **Which of the following do you think is the most significant risk factor for developing COPD?**
- Smoking (tobacco or other substances)
- Exposure to air pollution
- Occupational hazards (dust, fumes, chemicals)
- Genetics or family history
- Other environmental exposures

What causes COPD?

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Critical Issues in COPD Diagnosis for the Hispanic Community

- Underdiagnosis remains a major challenge due to several factors:
- **Language Barriers:**
 - Limited access to **bilingual healthcare providers** and **translated medical materials** can delay proper diagnosis and treatment.
 - Often leads to **later-stage identification of COPD**.
 - *Source: American Lung Association*
- **Cultural and Socioeconomic Factors:**
 - Many Hispanics live in areas with **higher environmental pollution**, such as agricultural work settings, which increase **COPD risk**.
 - **Socioeconomic barriers** and limited access to healthcare prevent **regular screenings and early interventions**.
 - *Source: CDC*
- **Risk for Complications:**
 - Understanding the **prevalence** helps identify **at-risk populations**.
 - Targeted **education** and **resources** can reduce the impact of COPD and improve health outcomes.
 - *Source: CDC*

What causes COPD?

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Why is COPD important?

COPD affects
~12 million people
in the US

It is the 6th most
common cause of
death in the US

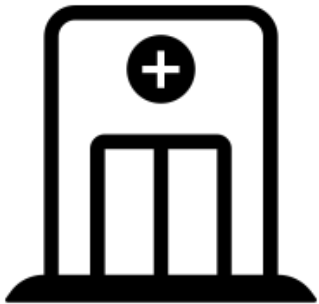


Total economic cost: \$50 trillion a year

Why is COPD important?

Every **day**, COPD is responsible for the following in the US:

**2,500 visits to
the emergency room**



900 hospitalizations



380 deaths



COPD diagnosis



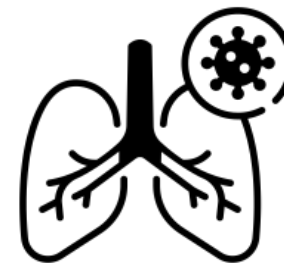
When should you suspect you have COPD?



Chronic cough



Fatigue



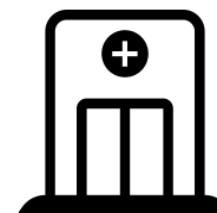
**Recurrent
infections**



**Wheezing/chest
pressure**

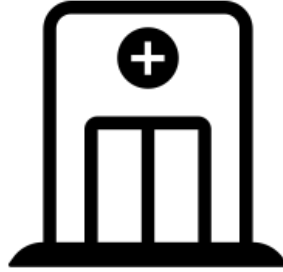


Shortness of breath



Exacerbations

What is a COPD exacerbation?



Exacerbations

They are an acute worsening of the symptoms of the disease

**Increased shortness of breath, cough, production of phlegm,
and having difficulty sleeping and performing daily activities**

How is COPD diagnosed?



Spirometry

How is COPD diagnosed?



COPD treatment



Objectives for COPD treatment

Reduce symptoms



Reduce symptoms



Increase exercise tolerance



Improve health

Reduce risks



Decrease progression



Reduce exacerbations



Reduce mortality

Prevention

Elimination or reduction of the exposure to smoke or toxic agents

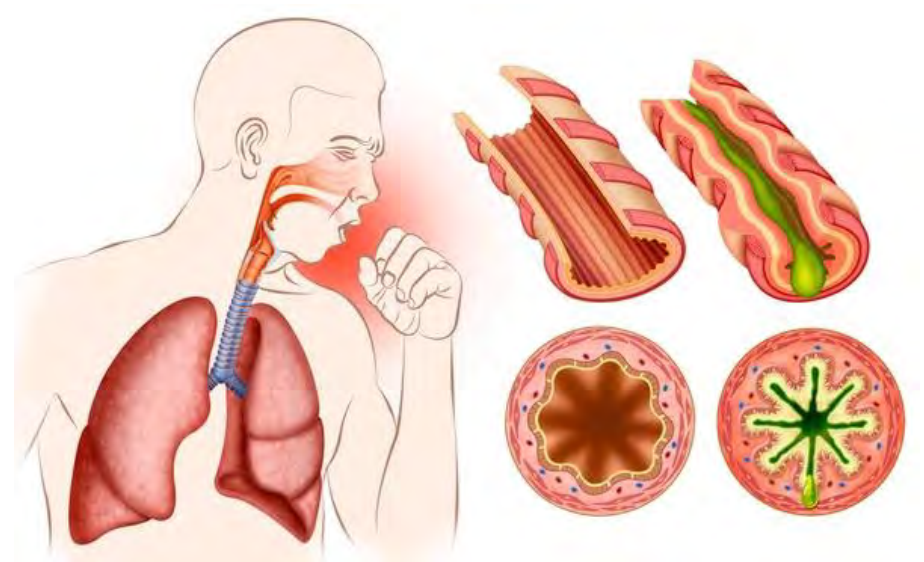


Bronchodilators

They open up the airways



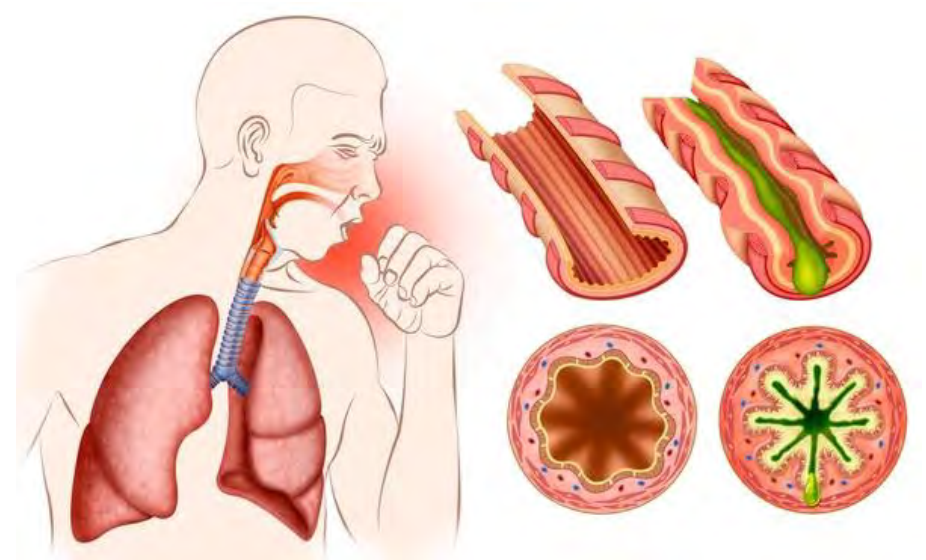
Inhalers



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Bronchodilators

Nebulizer

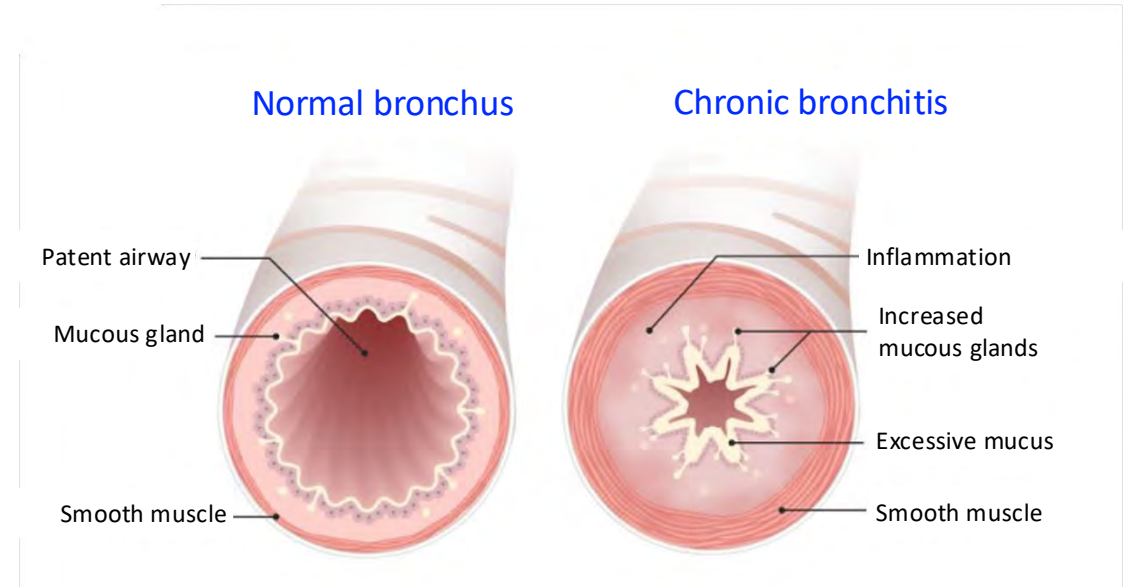


Inhaled corticosteroids

They reduce inflammation



Inhalers



Survey question

- **Which of the following practices is more effective in improving the quality of life of a person with COPD?**
- Using oxygen as prescribed
- Participating in a pulmonary rehabilitation program
- Eating antioxidant-rich foods
- Avoiding physical exercise
- Sleeping more hours a day

Oxygen



Portable



At home

Other treatments

For more advanced cases:

Antibiotics drugs



Anti-inflammatory



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Other treatments

For more advanced cases:

Pulmonary rehabilitation



Transplant



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Non-pharmacological therapies for COPD



Nutrition



Associated
diseases



Support facilities



Oxygen



Support groups



Mechanical
ventilation



Reduction of emphysema
through bronchoscopy



Palliative care

A New Hope for COPD Treatment

What Are Biologics?

- Advanced therapies that target specific inflammation pathways in COPD.
- Designed to reduce flare-ups (exacerbations) and improve lung health.

Breakthrough Treatment

- **Dupixent:** The first biologic approved for COPD.
 - Reduces exacerbations and improves lung function.

Exciting Options in Development

- **Tezepelumab (Tezspire):** Targets inflammation-causing proteins.
- **Astegolimab:** Focuses on IL-33 to reduce lung inflammation.
- **Tozorakimab:** Helps block harmful pathways linked to flare-ups.

Why This Matters

- These therapies aim to improve daily life by managing symptoms and slowing disease progression.

Q+A

Do you have any questions for Dr. Maselli or Ruthie?

Thank you!