



# COPD and the Hispanic/Latino Culture

## Unidos Hablemos United, Let's Talk

Virtual Conference  
December 4th  
4:00 PM ET

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2024

**mensajeros**  
confiables

# COPD

## Chronic obstructive pulmonary disease

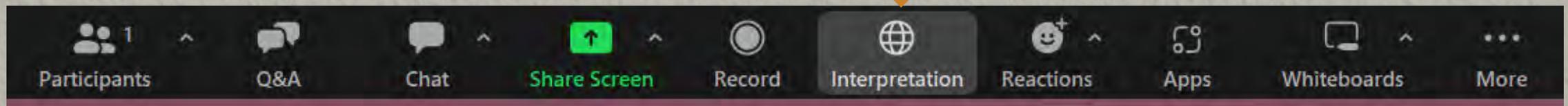
Presented by: Allergy & Asthma Network

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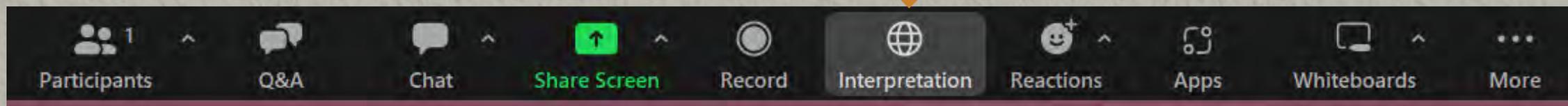
**mensajeros**  
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Esta conferencia virtual será  
presentada en español.

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**



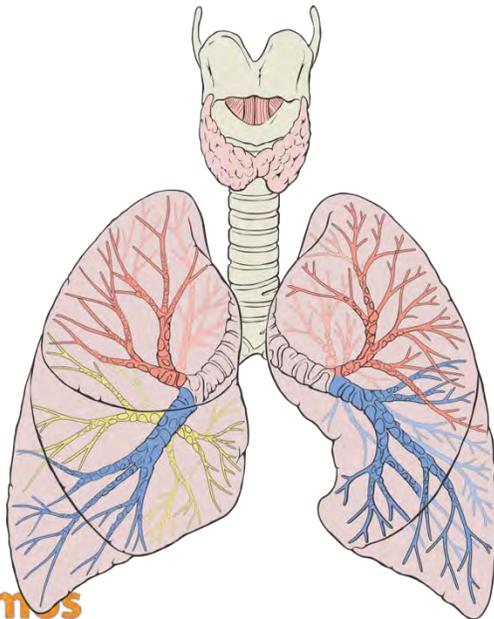
Patient Advocate  
**Ruthie Marker MSRC, RRT,**  
RRT-NPS, AE-C, LSSYB

# 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?

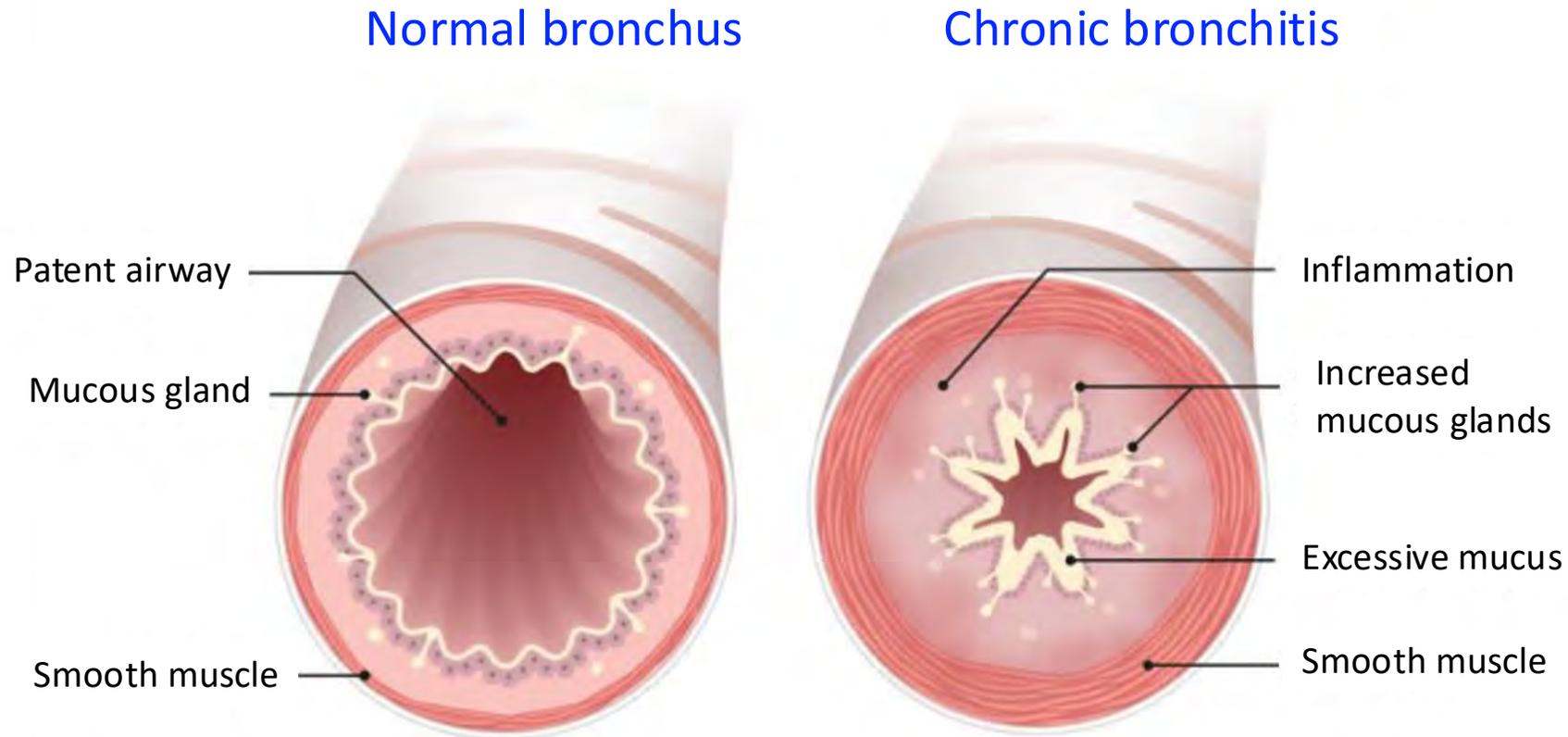
It includes 2 main components:

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

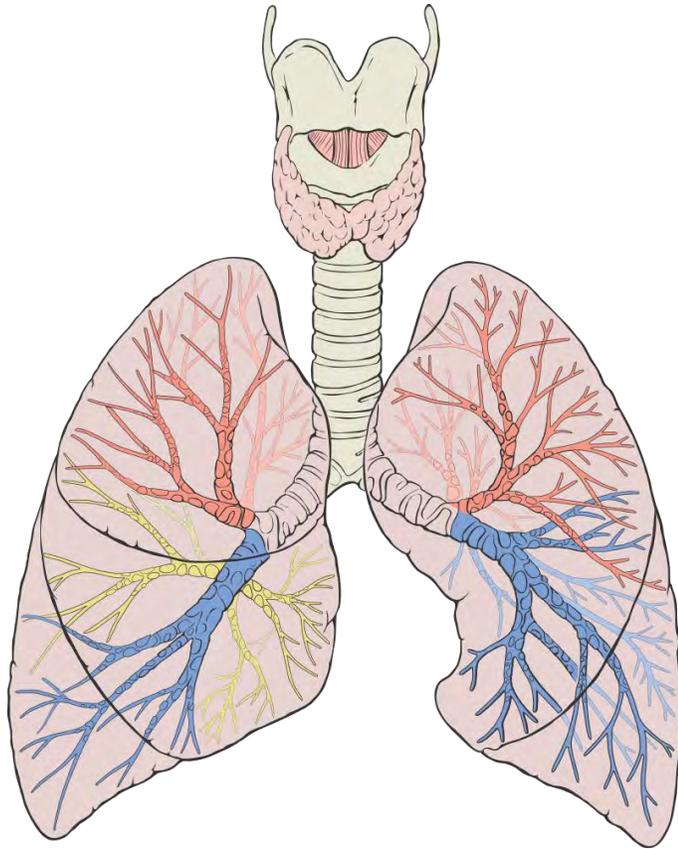


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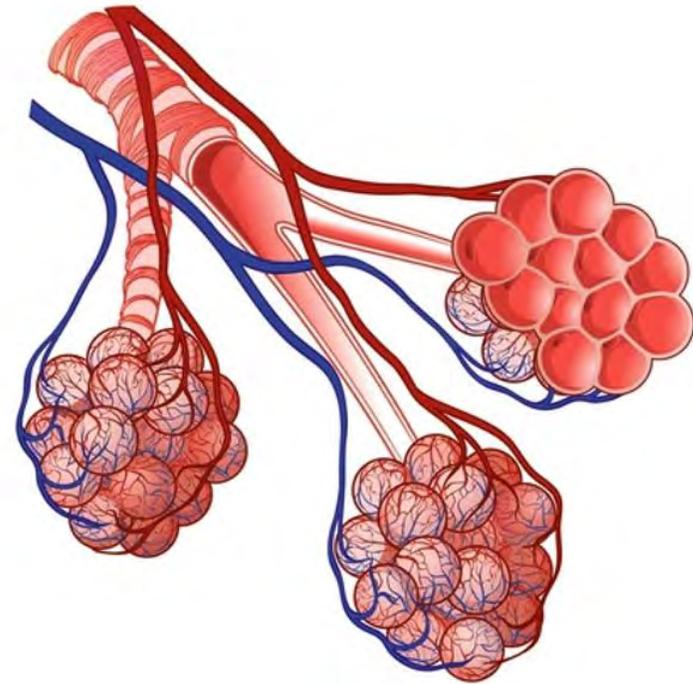
# What is chronic bronchitis?



# What is an emphysema?

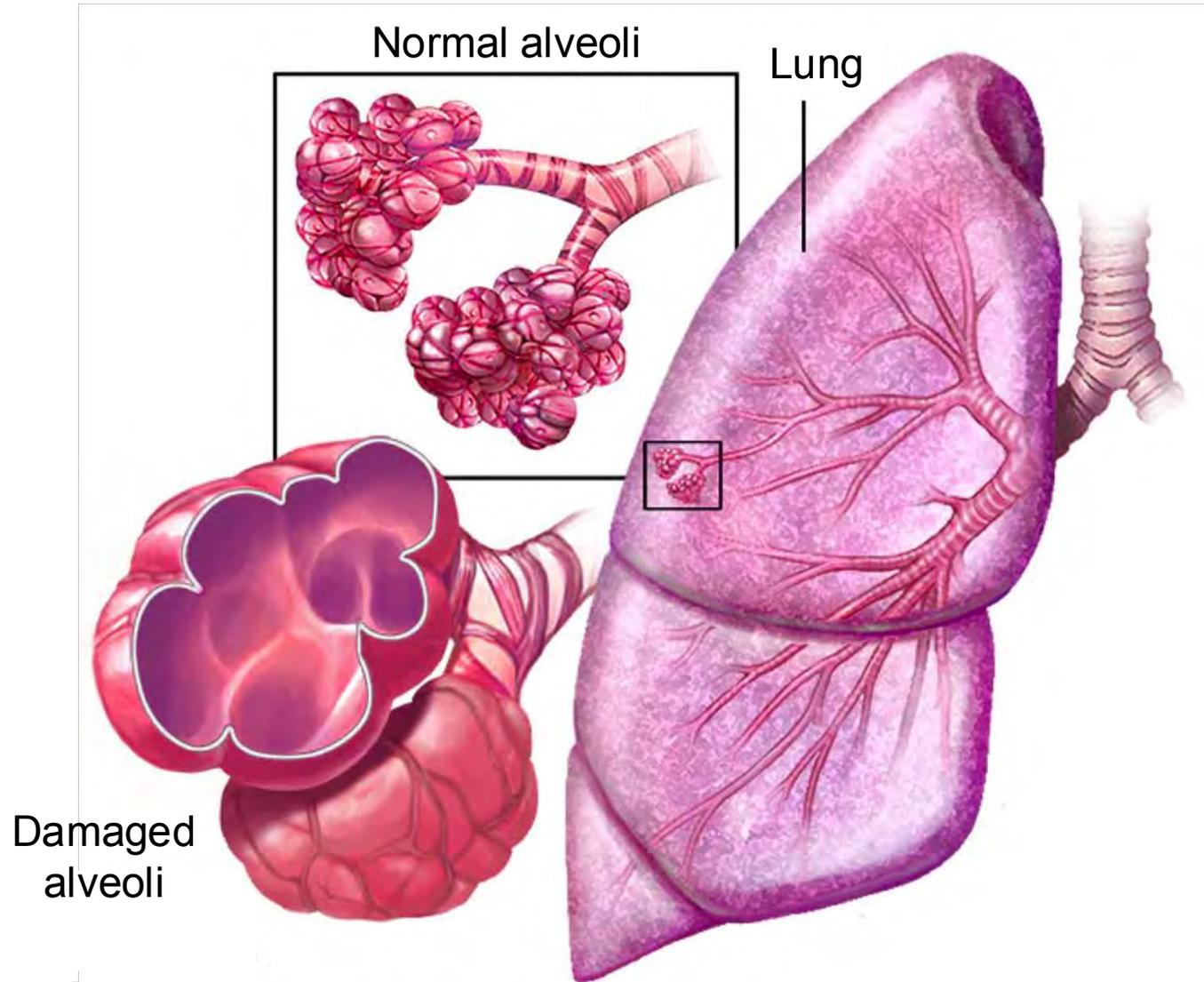


Lungs

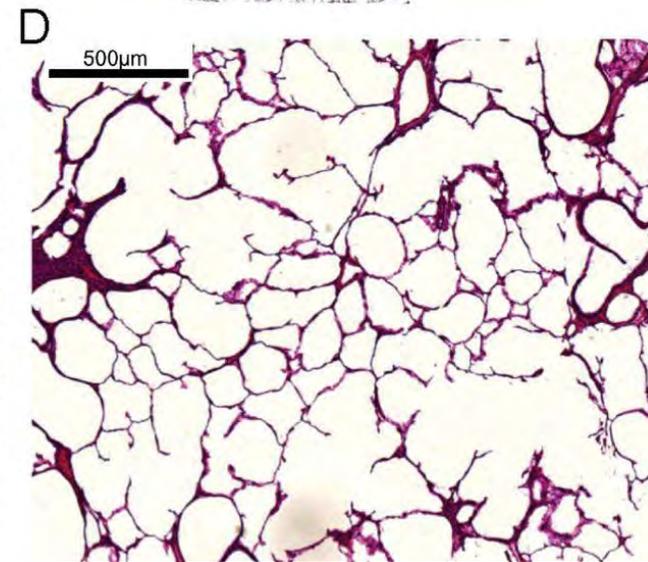
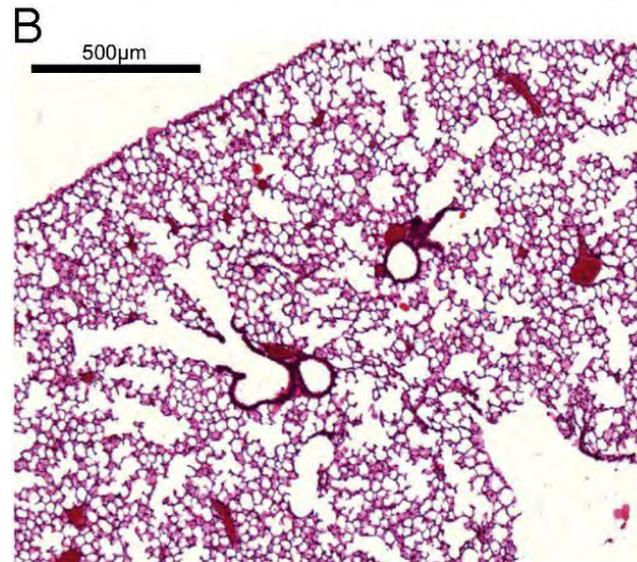
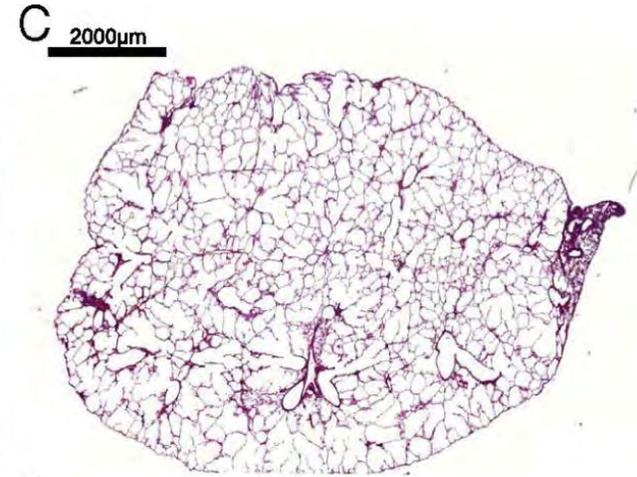
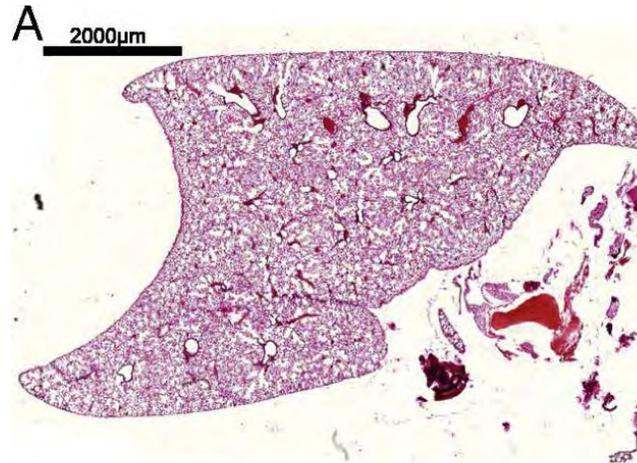


Alveoli

# 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?

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

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



# 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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- 1) Tobacco smoke
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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

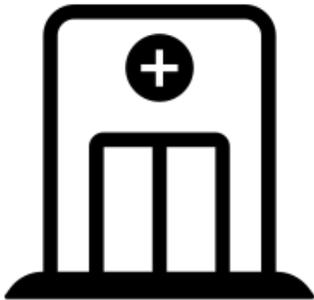


**Total economic cost: \$50 trillion a year**

# 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



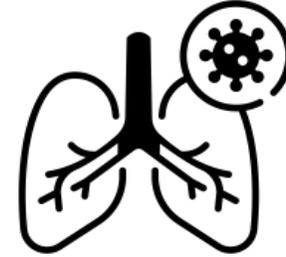
# When should you suspect you have COPD?



**Chronic cough**



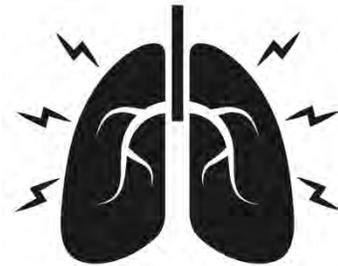
**Fatigue**



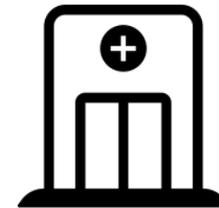
**Recurrent infections**



**Wheezing/chest pressure**

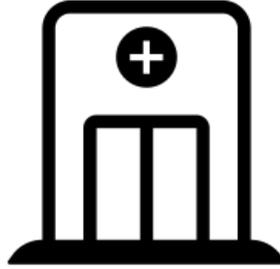


**Shortness of breath**



**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

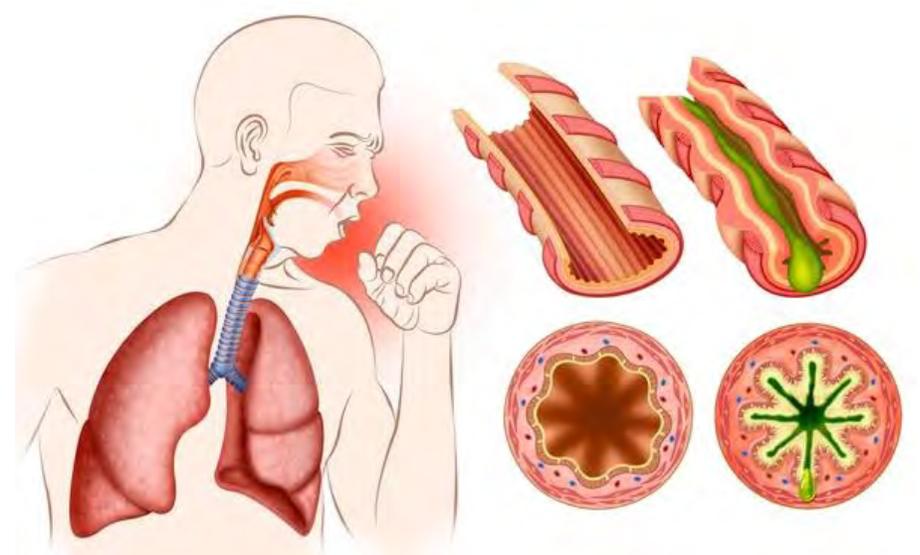


# Bronchodilators

They open up the airways



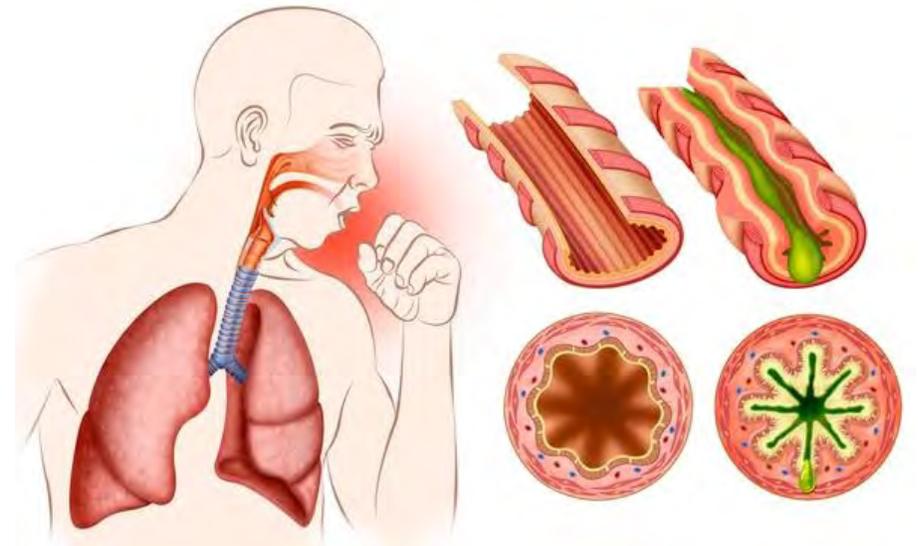
Inhalers



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# Bronchodilators

## Nebulizer

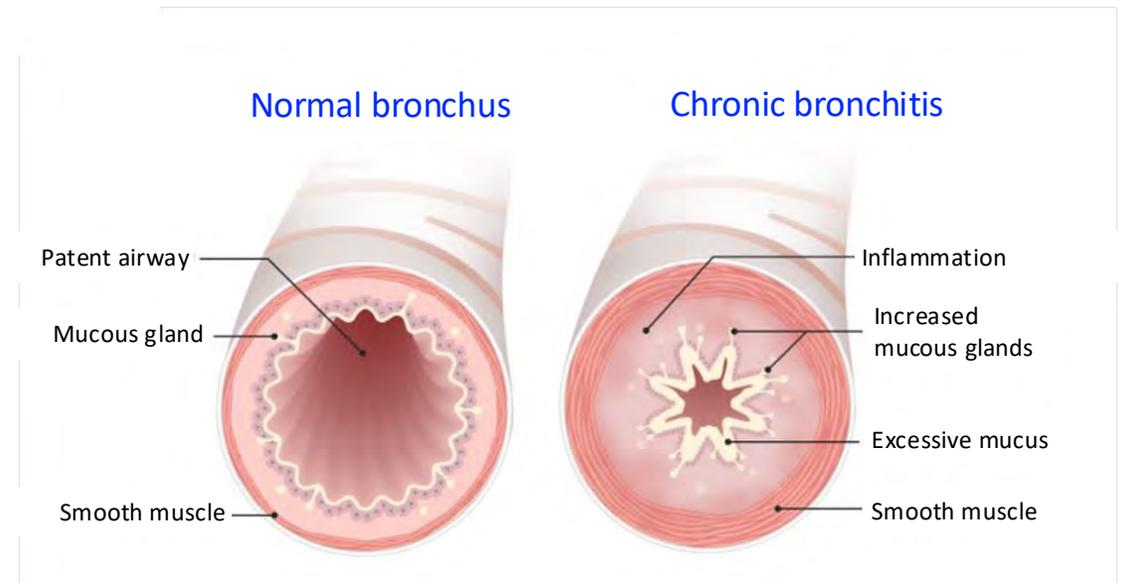


# Inhaled corticosteroids

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

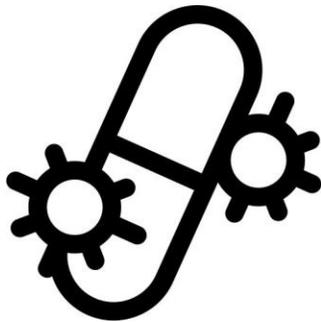


At home

# 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!

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