

Health Awareness

Good News For People With COPD: How To Reduce The Chance Of A Flare-Up

(NAPSA)—For many people, daily activities such as getting dressed or going up a flight of stairs can be a struggle. And for millions of American adults, this may be the result of a serious lung disease called COPD—which stands for chronic obstructive pulmonary disease.

COPD makes it difficult to breathe, with symptoms that include shortness of breath, regular coughing (sometimes with phlegm or mucus), and wheezing. Many COPD patients experience a flare-up and worsening of their symptoms, known as an exacerbation.

COPD exacerbations may be caused by viral or bacterial infections, as well as environmental irritants, such as air pollution. Flare-ups are serious—they can even result in hospitalization if symptoms cannot be properly managed at home. Since people with COPD experience their symptoms on an ongoing basis, it is important to be aware of symptoms that are worse than usual.

It's also important to take steps to reduce a COPD exacerbation, and now physicians have a new treatment option to help reduce the chance that their patients will experience a flare-up. The U.S. Food and Drug Administration (FDA) recently approved SPIRIVA® HandiHaler® (tiotropium bromide inhalation powder) for the reduction of exacerbations in patients with COPD. SPIRIVA HandiHaler



If you have COPD or symptoms of COPD, speak with your doctor to find out how to appropriately manage the condition.

is already approved by the FDA as a once-daily maintenance treatment for breathing problems associated with COPD.

“COPD flare-ups are serious and can negatively impact patients,” said Dr. Donald P. Tashkin, emeritus professor of medicine, David Geffen School of Medicine at UCLA, Los Angeles. “People with COPD now have a once-daily treatment option that not only helps them manage the debilitating symptoms of COPD, but also can help them reduce the chance of an exacerbation.”

COPD includes chronic bronchitis, emphysema or both. It is a major cause of disability. And, one in five patients who visit the emergency room for a COPD exacerbation will experience a relapse

within two weeks.

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Things You Need To Know About COPD

- COPD is the fourth leading cause of death
- Of the top causes of death, only COPD is increasing
- COPD most often occurs in people who smoke or used to smoke
- 24 million adults may have COPD but only half know it
- There is no cure for COPD, but it is treatable

Talk to your doctor to see if SPIRIVA® HandiHaler® is right for you.

SPIRIVA® HandiHaler® is a prescription medicine used once every day (a maintenance medicine) to control symptoms of chronic obstructive pulmonary disease (COPD) by relaxing your airways and keeping them open. COPD includes chronic bronchitis, emphysema or both.

SPIRIVA HandiHaler also reduces the likelihood of flare-ups and worsening of COPD symptoms (COPD exacerbations). A COPD exacerbation is defined as an increase or new onset of more than one COPD symptom such as cough, mucus, shortness of breath, and wheezing that requires medicine beyond your rescue medicine.

SPIRIVA HandiHaler is not a rescue medicine and should not be used for treating sudden breathing problems.

Do not swallow SPIRIVA capsules. The contents of the capsule should only be inhaled by mouth using the HandiHaler device.

Stop taking SPIRIVA and get medical help right away if your breathing suddenly worsens, your throat, lips or tongue swells, you get hives, you have vision changes or eye pain, or you have difficulty passing urine or painful urination.

Tell your doctor if you have glaucoma, problems passing urine or an enlarged prostate, as these may worsen with SPIRIVA. Tell your doctor if you have kidney problems or are allergic to milk proteins. Ask your doctor if you are not sure. Also discuss with your doctor all the medicines you take, including eye drops.

The most common side effect with SPIRIVA is dry mouth. Others include constipation and trouble passing urine. For a complete list of reported side effects, ask your doctor or pharmacist.