

Every Breath Counts: Halt the rise of COPD, Prevention of COPD in Poland- Cudzik K - Ostrowieckie Centrum Center of Civil Company

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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is one of the most common chronic illnesses and very important social problem. It is the third leading cause of death among chronic diseases worldwide causing 3,1mln deaths a year globally. About 250mln patients suffer from COPD all over the world. In Poland statistics stay that about 2mln people are diagnosed with COPD and it is 10% of screened population after 40 years old. On the other hand, it is estimated that the disease is diagnosed at an early stage in less than 20% of patients, and this is the reason why a significant population of patients is not diagnosed or diagnosed only in the advanced stage of the disease. Regarding prevalence, direct costs of treatment COPD in Poland are very high and estimated about 441,8mln PLN per year and include pharmacotherapy (297,1 mln PLN), general care and specialist appointments (31,6 mln PLN), hospitalization (96,1 mln PLN), rehabilitation (6,3 mln PLN), home oxygen therapy (6,3 mln PLN), nursing care (4,4 mln PLN). An important element in prevention is early smoking cessation, reduction of exposure to harmful factors and influenza vaccination. Limiting these factors is beneficial to the patient's health and reduces the risk of exacerbations. Patients should pay attention to normal body weight and a healthy diet. Early diagnosis of COPD is also very important. Emotional support and a psychological support are particularly important in patients with advanced COPD. Depression significantly increases the risk of exacerbations and affects the quality of life of patients. Systematic use of drugs and respiratory rehabilitation increases respiratory efficiency. Prevention of this disease is most important to reduce still growing prevalence and costs.