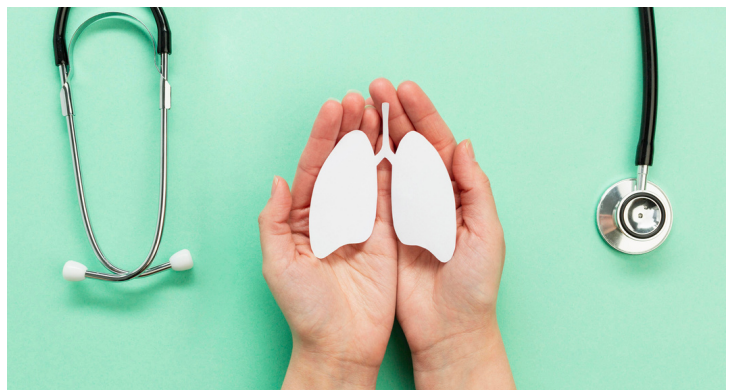


COPD PATIENT EMPOWERMENT

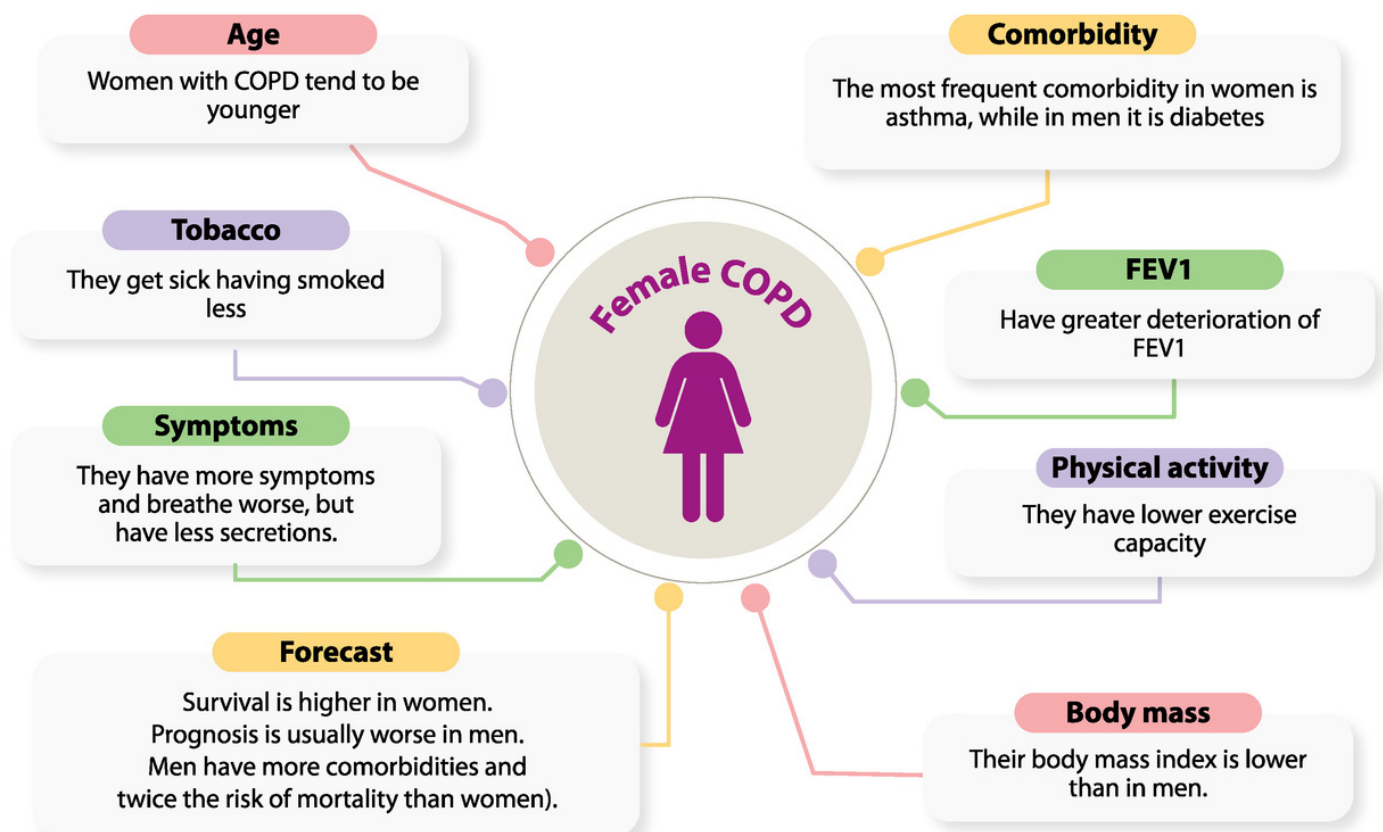
Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

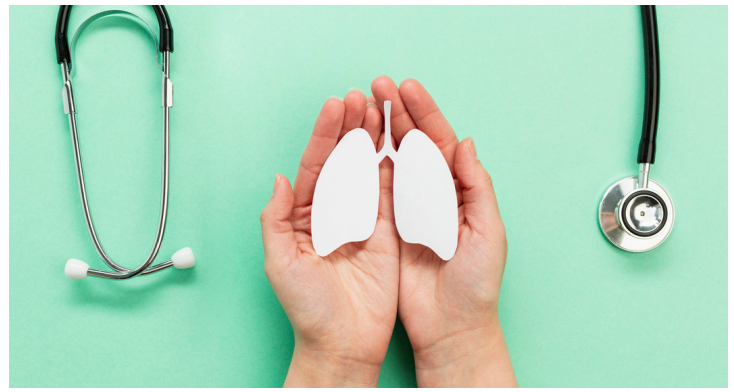
COPD VS Gender

Scientific evidence and quality of life in COPD



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A systematic review aimed at patients, family members and caregivers

COPD VS Gender

- **The presentation of COPD in women has some characteristic features that differentiate it from COPD in men:**
 - Women with COPD tend to be younger.
 - They get sick having smoked less.
 - They have more symptoms and breathe worse but have less secretions.
 - The most frequent comorbidity in women was asthma, while in men it was diabetes.
 - FEV1 impairment is greater in men.
 - Exercise capacity in women with COPD is worse and their body mass index is lower than that of men.
- **In comparing outcomes of men and women with similar clinical and demographic characteristics, survival is longer in women** and prognosis is usually worse in men, as they express more comorbidities and twice the mortality risk compared to women.
- **In both sexes, however, the so-called obesity paradox in COPD is expressed**, in which a high body mass index is associated with lower mortality than a low body mass index.



Discover more COPD Empowerment assets at:
<https://gaapp.org/copd/copd-patient-empowerment-scientificevidence/>



This educational assets have been created for COPD patients and caregivers, thanks to the collaborative work of:



Thanks to the generous support of:



Original Publication:

BPerez TA, Castillo EG, Ancochea J, Pastor Sanz MT, Almagro P, Martínez-Cambor P, Miravittles M, Rodríguez-Carballeira M, Navarro A, Lamprecht B, Ramírez-García Luna AS, Kaiser B, Alfageme I, Casanova C, Esteban C, Soler-Cataluña JJ, De-Torres JP, Celli BR, Marin JM, Lopez-Campos JL, Riet GT, Sobradillo P, Lange P, García-Aymerich J, Anto JM, Turner AM, Han MK, Langhammer A, Sternberg A, Leivseth L, Bakke P, Johannessen A, Oga T, Cosío B, Echazarreta A, Roche N, Burgel PR, Sin DD, Puhan MA, Soriano JB. Sex differences between women and men with COPD: A new analysis of the 3CIA study. *Respir Med.* 2020 Sep;171:106105. doi: 10.1016/j.rmed.2020.106105. Epub 2020 Aug 13. PMID: 32858497.