## COPD PATIENT EMPOWERMENT

Scientific evidence and quality of life in COPD



A systematic review aimed at patients, family members and caregivers

### Cardiovascular Comorbidity

#### Scientific evidence and quality of life in COPD



#### Common risk factors

Environmental and/or genetic)

Common pathophysiological pathways

They are usually associated

Coexistence of both diseases is frequent

Joint clinical expression

COPD complications (and pulmonary exacerbations) contribute to heart disease



## Frequent pharmacological interactions

Medications for cardiovascular disease that can worsen COPD and vice versa.

### Infradiagnosis in COPD

Cardiovascular risk increases severity in the COPD patient, and is frequently found in moderate-severe COPD subtypes (GOLD types B, C and D), frequent exacerbator, radiological subtypes (centrolobulillar emphysema, coronary vessel calcifications on CT).



#### Infradiagnosis in COPD

Although the prevalence of heart disease is high in COPD patients, the clinical manifestations can be confounded and may be underdiagnosed. Including its search optimizes diagnosis and treatment, and leads to better outcomes.

2. Balbirsingh V, Mohammed AS, Turner AM, Newnham M. Cardiovascular disease in chronic obstructive pulmonary disease: a narrative review. Thorax. 2022 Jun 30: thoraxjnl- 2021-218333. doi: 10.1136/thoraxjnl-2021-218333. Epub ahead of print. PMID: 357772939.
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COPD&

Cardiovascular

illness

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#### Cardiovascular Comorbidity

- The association between cardiovascular disease and COPD could be a consequence of :
  - Common risk factors (environmental and/or genetic)
  - Common pathophysiological pathways
  - Coexistence of both diseases in high prevalence
  - o Complications (including pulmonary exacerbations) of COPD that contribute to cardiovascular disease and
  - Medications for cardiovascular disease can worsen COPD and vice versa.
- Cardiovascular risk in COPD has traditionally been associated with increased disease severity, but there are other associations with COPD subtypes, relevant: Moderate severe COPD (GOLD types B, C and D) frequent exacerbators, radiological subtypes (centrolobulillar emphysema, coronary vessel calcifications on CT) and new disease groups.
- Although the prevalence of CVD is high in COPD populations, the clinical manifestations overlap and it is possible that it is underdiagnosed, so including a search for it optimizes diagnosis and treatment, and leads to better outcomes.



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