



INSPIRATION COPD NEWSLETTER

Respiratory Health Association's newsletter for people living with Chronic Obstructive Pulmonary Disease (COPD), their families, and caregivers

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WHAT IS COPD?

Chronic Obstructive Pulmonary Disease (COPD) is a combination of lung damage and mucus production that makes it hard to breathe. COPD is used to describe emphysema, chronic bronchitis or a combination of the two. Symptoms include cough, shortness of breath, wheezing and chest tightness.



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An Update on the COVID-19 Booster Vaccine

In November 2021, the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) approved COVID-19 booster vaccines for all adults 18 and older in the United States. Any adult who previously received a full dose of either the Pfizer-BioNTech or Moderna vaccines is now eligible for the booster. Johnson & Johnson booster vaccines have also been approved.

The booster vaccine is an important piece in continuing immunity to COVID-19. Over time, the body's immune response to the first series of vaccines decreases, resulting in less protection. An additional dose, or a booster, can help extend a person's immunity against the virus by creating a stronger and faster immune response and provides additional coverage against new variants. As immunity fades, the risk for contracting COVID-19 increases. For adults over 65 and people with compromised immune systems, the additional vaccine may be needed to ready the immune system. The booster vaccine formulation is the same as the original COVID-19 vaccines, with the exception of the Moderna booster, which is half the dose of the original vaccines.

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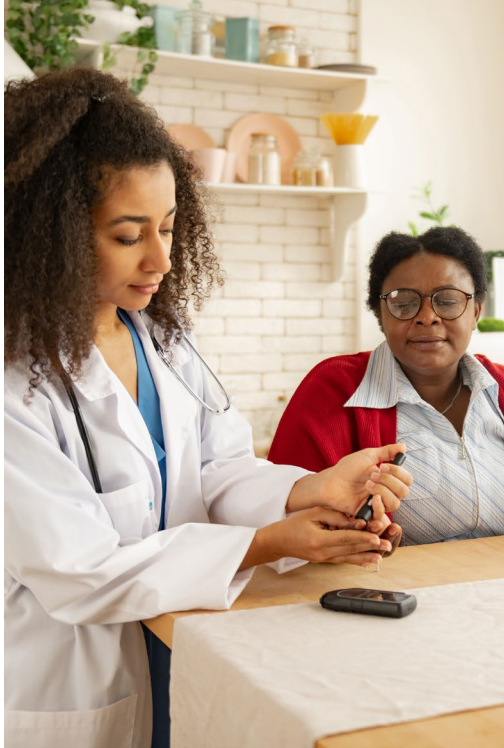
COPD and Diabetes

What You Need to Know

Recent research suggests a relationship between diabetes and COPD, as both conditions involve chronic inflammation. Some research shows a connection between high blood sugar and either COPD flare-ups or changes to lung function. Diabetes can worsen the progression and outcomes of COPD because high sugar levels in the blood can affect lung function and cause more inflammation. COPD can also increase the risk of developing diabetes because of increased inflammation and side effects related to the use of corticosteroids that some COPD patients take.

If you have diabetes and are living with COPD, try to follow a healthy diet, regulate sugar

levels, and get exercise. Exercise is useful in helping prevent and manage both conditions. Also, please speak with your healthcare provider to make sure that the COPD medications and diabetes medications don't interfere with each other.



Become an RHA Advocate

Respiratory Health Association advocates make a difference in the fight for clean air and a future free of lung disease. We would love for you to get involved. Let us know what you're passionate about.

Email or call Kelly Nichols (knichols@resphealth.org or 312-243-2000) today to start your advocacy journey.

BE YOU AGAIN

WITH THE SPIRATION VALVE SYSTEM

Emphysema has taken control for too long. Are you ready to be you again?

The Spiration® Valve System is clinically shown to reduce shortness of breath, decrease hyperinflation and improve quality of life.¹ If you are continuing to experience emphysema symptoms, despite medical management, it may be time to ask your doctor about this procedure.

To find a treating physician in your area, visit: svs.olympusamerica.com/physician-finder.

For full prescriptive information, risks and more visit: svs.olympusamerica.com/prescriptive-information.

¹Criner GJ, Delage A, Voelker K, et al. Improving Lung Function in Severe Heterogenous Emphysema with the Spiration Valve System (EMPROVE). A Multicenter, Open-Label Randomized Controlled Clinical Trial. Am J Respir Crit Care Med. 2019;200(11):1354-62.

An Update on the COVID-19 Booster Vaccine (Continued)

People who received the Pfizer or Moderna vaccine should get their booster at least five (Pfizer) or six (Moderna) months after completing the second vaccination in the initial series. If adults received the Johnson & Johnson vaccine, they should get their booster at least two months after their initial vaccination. The FDA has also authorized people to “mix and match” their booster vaccine. For example, someone who received the Johnson & Johnson vaccine may get a Pfizer or Moderna booster. This gives people more of a choice when scheduling their boosters and allows pharmacies and doctors’ offices to reach more people. Be sure to talk to your doctor about what is best for you.

There may be a few side effects after receiving the booster shot. Symptoms are similar to previous vaccines – swelling or redness at the injection site, fever, headaches, muscle pain, or fatigue. These side effects, and other symptoms that may occur, are the body’s natural response to the vaccine and a good sign that the immune system is gearing up to fight off the virus.

Preliminary data from Pfizer suggest that three doses (the original two vaccines plus the booster) increase the level of protection against variant infections. Even though breakthrough cases may still occur, the outcomes to date have been far less severe (fewer hospitalizations and deaths) among those who have received a booster vaccine.

If you need help scheduling your booster vaccine, you can contact the same place that set up your original vaccines. You can also call your doctor, pharmacy, health department, or even the local grocery store to see if they have available appointments. Remember to take your CDC-issued vaccine card to document your booster.

Update on COVID-19 Treatments

The US Food and Drug Administration has issued emergency use authorization for oral antiviral drugs for individuals who have tested positive for COVID-19 and are experiencing mild to moderate illness:

- Pfizer’s Paxlovid is available by prescription only and should be started as soon as possible after diagnosis and within five days of experiencing symptoms. Adults and children aged 12 years and older are eligible for this treatment.
- Merck’s Molnupiravir is available by prescription only and should be started as soon as possible after diagnosis and within five days of experiencing symptoms. It is available for adults only and for those whose alternative COVID-19 treatment options authorized by the FDA are not accessible or clinically appropriate.

There are also three monoclonal antibody therapies available for people with a positive COVID-19 test or high-risk individuals exposed to someone with COVID-19. Contact your primary care physician about a referral for antibody treatment within three days of a positive test result and no later than 10 days after symptoms appear.

These treatments are meant to prevent the progression to severe illness and/or hospitalization from COVID-19. **They are not a substitute for COVID-19 vaccines.** Speak with your healthcare provider if you have tested positive for COVID-19 to see if you can receive these treatments.

To further reduce risk of COVID-19, continue to wear your mask in indoor public spaces and around large crowds, continue to wash your hands regularly, and encourage family and friends to receive their vaccines as they are able.

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This newsletter is not intended to
provide specific medical advice, but
general information for people living
with OPD and their caregivers. If
you think you may have COPD, talk
to your healthcare provider.

If you would like to receive more
information for people living with
COPD, please visit resphealth.org/copd.

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We thank her for her assistance.

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Thank you Gail Harris

Congratulations to
Gail Harris on her
retirement from Stroger
Hospital! RHA would like
to thank her for her years
of service as a respiratory
therapist to her patients
and community. We will
miss you, Gail!