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Prevalence of medical comorbidities in patients with COPD

Saima Saleem, Wafa and Safila Naveed
Jinnah University for Women, Pakistan

Statement of the Problem: Chronic obstructive pulmonary disease (COPD) has customarily been viewed as an infection of the lungs auxiliary to cigarette smoking and portrayed via wind current impediment because of variations from the norm of both aviation route (bronchitis) and lung parenchyma (emphysema). It is currently notable that COPD is related with critical foundational variations from the norm, for example, renal and hormonal anomalies, unhealthiness, muscle squandering, osteoporosis, and iron deficiency. These abnormalities may lead to an increased level of systemic inflammation. Moreover, acute and chronic lower respiratory tract Infections are also significant in contributing to high comorbidity.

Methodology & Theoretical Orientation: Data from different patients suffering from COPD at a private tertiary care hospital in Karachi, Pakistan have been collected-further segregated on the basis of sex, age, living habits, respiratory symptoms and overall health status for any other existing disease and use of other drugs like corticosteroids. The targeted group was evaluated through post bronchodilator spirometry and checked for their exposure to risk factors. It was concluded that there a wide majority of patients were unaware of the disease which lead to delay in the treatment therapy thus deteriorating the condition.

Conclusion & Significance: The aim of this article is to emphasize on the comorbidities that are associated with COPD which are latter likely to be the basic cause of onset of the disease. Thus, it can play an important role for physicians, pharmacists in clinical practice and patients to develop a risk management program with emphasis on immediate diagnosis and treatment while observing the comorbidities.

drsaima1981@gmail.com