

Improving primary care for women with COPD



What's the problem?

Women are **less likely to be correctly diagnosed** with COPD vs men^{1,2,3}

Comorbid asthma, anxiety, depression and osteoporosis are **more common in women** than men with COPD^{4,5,6}

Women may find it **more challenging to stop smoking** than men⁷

Women with COPD experience **≥25% more exacerbations** than men^{4,8,9}

What can primary care physicians do?

Use symptom-based questionnaires and spirometry to remove the gender bias in diagnosis^{10,11,12}

Individualize therapy to woman's characteristics, needs and comorbidities^{8,10,13}

Recognize the challenge women face in stopping smoking and adapt cessation programmes to consider gender^{10,14}

Target the prevention of exacerbations^{10,15,16,17}



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