

SUPPLEMENT EDITOR
 Professor Christine McDonald AM
 MB BS(Hons), PhD, FRACP, FThorSoc

MANAGING EDITOR
 Marie Lofthouse BSc(Hons)

DEPUTY MANAGING EDITOR
 Richa Gandhi BSc(Hons), MSc, MSc, PhD

SENIOR ASSISTANT EDITORS
 Kate Murchison BSc(Hons)
 Kerrie Lawson PhD, ELS, AE(IPEd)

ASSISTANT EDITORS
 Aleta van Kerkhoff MSc, GDipClinEpid, ELS
 Emily Lathlean MBBS, FRACGP
 Sally Nicholls BSc(Hons)
 Katherine McLeod BSc(Hons), ELS

MEDICAL WRITER
 Emily Lathlean MBBS, FRACGP

CONSULTANT MEDICAL EDITORS
 Chris Pokorny FRACP
 John Dearin AM, FRACGP, DipGer,
 DipRehabMed, MBioEth

NEWS EDITOR
 Kate Murchison BSc(Hons)

ART DIRECTION
 Kirk Palmer Design

PRODUCTION/DESIGN MANAGER
 Maria Marmora

WEBMASTER
 Lexidis

GROUP SALES & MARKETING MANAGER
 Prue Anderson

SALES & MARKETING CO-ORDINATOR
 Chelsea Lay

ACCOUNTS
 Pauline Burnard

SUBSCRIPTIONS CO-ORDINATOR
 Katrina Lehmann

EDITORIAL CO-ORDINATOR
 Amanda Goodsir

PUBLISHER/EDITORIAL DIRECTOR
 Judy Passlow

PUBLISHER/MANAGING DIRECTOR
 Tony Scott

SYDNEY OFFICE
 Suite 503, Level 3, 116 Military Road
 Neutral Bay NSW 2089

POSTAL ADDRESS
 PO Box 1473,
 Neutral Bay NSW 2089

TELEPHONE (02) 9908 8577
FACSIMILE (02) 9908 7488

Printed by Spotpress.

Copyright 2025 Medicine Today Pty Ltd.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, mechanical or photocopy recording or otherwise) in whole or in part, in any form whatsoever without the prior written permission of the Publisher.

The articles in this supplement have been subjected to *Medicine Today's* usual rigorous peer review process. Some products and/or indications mentioned may not be approved for use in Australia. Please review Product Information, available from the manufacturers, before prescribing any agent mentioned in these articles.

The *Topics in COPD* supplement is printed by Spotpress. Paper fibre is from sustainably managed forests and controlled sources.

© COVER IMAGE: ALINA555/ISTOCKPHOTO.COM

FOREWORD FROM THE SUPPLEMENT EDITOR

Topics in COPD

Chronic obstructive pulmonary disease (COPD) is a prevalent condition that significantly impacts individuals, families and healthcare systems globally. This disease causes daily symptoms and is often linked with exacerbations or flare-ups, making it a leading cause of preventable hospitalisations and mortality. Addressing COPD requires our collective focus and concerted efforts to ensure accurate and timely diagnosis, as well as improved prevention and management strategies.

In this supplement, titled *Topics in COPD*, our expert and multidisciplinary contributors share insights from the latest research and their clinical practice to provide the necessary knowledge and tools for effective COPD management. Highlights include recommendations regarding the crucial role of spirometry and clinical assessment in achieving a diagnosis; how to select an appropriate inhaler device; a discussion of the issues around adherence to medications, and lack thereof; an update on the latest developments in COPD management; strategies for preventing and managing exacerbations and the importance of comorbidities; and a discussion about how best to manage intractable breathlessness in late-stage disease.

Professor Christine McDonald AM

MB BS(Hons), PhD, FRACP, FThorSoc

Director of the Department of Respiratory and Sleep Medicine, Austin Health, and Professor of Respiratory Medicine at The University of Melbourne, Melbourne, Vic



CONTENTS PEER REVIEWED

Early COPD: how to identify it and is it worth treating?

SABINE C. ZIMMERMANN, CLAUDE S. FARAH, GREGORY G. KING **2**

Improving adherence to treatment in COPD: a personalised approach

JOHNSON GEORGE, JOB F.M. VAN BOVEN **7**

Inhaler therapy for COPD: an individualised approach to inhaler selection

DEBBIE RIGBY **11**

New developments in COPD

LAUREN NG, ELI DABSCHECK **16**

COPD exacerbations: a hearty opportunity

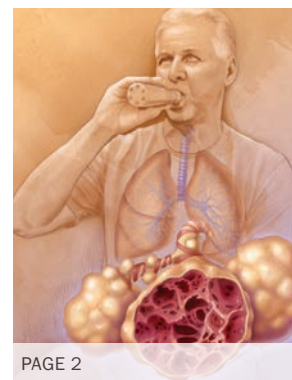
PAUL LEONG **22**

COPD – reducing hospitalisations this winter

BELINDA R. MILLER **26**

Advanced respiratory disease: managing symptoms in the last years of life

REBECCA DISLER, NATASHA SMALLWOOD, JENNIFER PHILIP **36**



PAGE 2



PAGE 16



PAGE 22