SPIROMICS SOURCE

NEWSLETTER

SUMMER 2025

LET'S KEEP IN TOUCH

Over the next several years, the National Heart, Lung, and Blood Institute of the National Institutes of Health is continuing to support study activities in SPIROMICS and its sister study SOURCE. Here is what that means for you as a valued study participant.

SPIROMICS Participants

In January 2025, a new phase of follow-up phone calls and an in-person clinic visit began for SPIROMICS participants. Participants can expect brief phone calls every four months. A single in-person visit will also be scheduled within the next couple of years. The in-person visit will involve similar activities, tests, and sample collection as your previous SPIROMICS visits. Please be on the lookout for phone calls from your local study team.

SOURCE Participants

In Fall 2024, the in-person follow-up visit for participants began, timed around three years from the date of enrollment into SOURCE. This visit includes similar activities, tests, and sample collection as your previous SOURCE visit.

Please be on the lookout for regular text message reminders and phone calls from your local study team. These calls help keep us in touch and schedule your in-person visit when due.

We look forward to catching up with you! We cannot do this without you!

THE SCIENCE OF SPUTUM

Sputum is mucus found in the lungs. We collect sputum from SPIROMICS and SOURCE participants. Your sputum sample can tell us a lot scientifically!

In SPIROMICS, six different measurements are studied from sputum. This information could help find better treatments for COPD. For example, researchers found that information from sputum may help predict the worsening of COPD symptoms.*

In SOURCE, sputum may help find indications or signs of early COPD.

Thank you for all the ways you contribute to science through your participation in SPIROMICS or SOURCE!

* Charles R Esther et al. "Identification of Sputum Biomarkers Predictive of Pulmonary Exacerbations in COPD." CHEST, Volume 161, Issue 5, May 2022, Pages 1239 - 1249.

NEWSLETTER SUMMER 2025

Celebrating 10 Years

of Important Health Research Discoveries Published

Your participation led to significant findings about:

Airways	Exacerbations or Flare-ups	Severe COPD
COPD Risk	Genes	Sleep
Disease Progression	Lung Function	Smoking

A FEW HIGHLIGHTS

- We found that poor sleep was linked to more exacerbations or flare-ups. We shared this with doctors. They could help people get good sleep to reduce flare-ups. *
- Through filling out the COVID survey and completing dried blood spot collection, SPIROMICS participants helped discover important COVID-19 findings, like how long symptoms lasted. **
- SPIROMICS participants were part of a major study that looked at 1,020 signals of 559 genes for lung function. This helped us learn about COPD and how lungs work. This research may help lead to the development of new COPD treatments. ***

* "NIH-supported study links poor sleep to increased risk of COPD flare-ups." News release, National Institutes of Health, June 6, 2022.

** Elizabeth C Oelsner et al. "Collaborative Cohort of Cohorts for COVID-19 Research (C4R) Study: Study Design." Am. J. Epidemiol., Volume 191, Issue 7, July 2022, Pages 1153-1173.

*** Nick Shrine et al. "Multi-ancestry genome-wide association analyses improve resolution of genes and pathways influencing lung function and chronic obstructive pulmonary disease risk." Nat. Genet. 2023 Mar; 55(3): 410-422.

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