

YOUR CT SCAN AT WORK

One of the things participants like you may do in SPIROMICS or SOURCE is a CT scan of your lungs. CT stands for 'Computed Tomography.' It is a way to create an image of the lungs. Scans like this can reveal a lot of information. Researchers use this information to track how COPD progresses in both studies, among other findings.

A great example of the use of CT scans is how SPIROMICS researchers used them to study mucus plugs in the lungs. They wanted to know how these plugs might react to different treatments.

Mucus plugs can be found in the lungs of people living with COPD. They can make it harder to breathe. Researchers looked at CT scans to see where plugs were, their size, and their shape. It helped them understand more about how some medical COPD treatments affect the mucus plugs.

More research into these findings has the potential to help improve breathing and health in some people living with COPD. SPIROMICS participants like you help with discoveries like this. Thank you for participating!

See more about this research in the publication found here, "*Mucus plugs in chronic obstructive pulmonary disease are heterogeneous in size and shape and occur in relatively large airways.*" <https://pubmed.ncbi.nlm.nih.gov/41738094/>

CT scan technology can change over time. Currently, SPIROMICS uses a type of CT scan called HRCT. The HR means "High-Resolution." It gives us even more details about the lungs. That could lead to even more helpful discoveries about lung health. This is just one more reason we are so grateful for your participation in SPIROMICS or SOURCE!



CHECKING IN



The SPIROMICS and SOURCE studies continue! We are so grateful for your participation.

The new phase of SPIROMICS is still underway. You may have gotten phone calls from us. We may ask study questions for updates about your health.

SOURCE participants will get phone calls too. You will also get text messages if you are a SOURCE participant and opted in. We may ask you about updates to your health history.

Thank you for staying in touch with us!





Pulmonary Hypertension

The lungs can be affected by high blood pressure. This is called pulmonary hypertension (PH). Did you know it can be a COPD complication? PH can make it harder for blood to pump from the lungs to the heart.

One sign of PH is low oxygen in the blood. This can be found through using a pulse oximeter. A few other signs are swelling, being very tired, and wheezing.

PULMONARY HYPERTENSION AND SPIROMICS RESEARCH

SPIROMICS researchers looked at cells around blood vessels in people that might have COPD-linked PH. This research led to finding possible new ways to diagnose COPD-linked PH that are less invasive.

Thank you to all study participants for their help with new discoveries like this!

See more in the full publication here, "*Vascular-related proteomic signatures in COPD with suspected pulmonary hypertension as predictors of FEV₁ impairment.*"

<https://doi.org/10.1186/s12931-026-03622-5>



Above: A pulse oximeter

NOVEMBER IS COPD AWARENESS MONTH

Almost 16 million US adults are living with COPD, according to the Centers for Disease Control and Prevention (CDC). The CDC said that people who are more at risk for COPD include current and former smokers, people over age 65, and people with a history of asthma. Women are also more likely to develop COPD. You can learn a lot more during COPD Awareness Month this November.

The American Lung Association has educational resources, including videos and booklets. <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/learn-about-copd/copd-awareness-month>

The COPD Foundation also has educational resources. Check them out here: <https://www.copdfoundation.org>.



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