

LIFE STRESSORS AND COPD

Thank you for helping us learn about COPD and lung health! Recently, SPIROMICS began a new phase. This came with new research goals.

These goals mean that we have new questions for you. We recognize that these new questions may be sensitive. We want to briefly explain why we are asking these questions at this time.

Research tells us that everyday life experiences, such as social and economic related stress, can affect our health. Therefore, we are exploring life stressors and how they may impact lung health in SPIROMICS.

You will be asked to share on sensitive topics like where you live, discrimination, financial hardship, loneliness, and stress.

We understand that you may feel uncomfortable answering these new questions. We want to remind you that:

- **You don't have to answer any questions you don't want to answer.**
- **All responses you provide are confidential.**
- **Every participant is asked the same questions.**

Most of these questions are not unique to SPIROMICS or SOURCE. Most questions are from standard questionnaires used by other researchers in published studies.

What we learn could help researchers better understand how these factors affect lung health. That could then help scientists develop more effective programs, policies, and services to support lung health, and COPD, and improve outcomes.

Thank you again for your participation and for helping advance knowledge that can improve health for everyone.



WHAT LIVES IN YOUR LUNGS?

Learning about different microbes that live in your lungs may help researchers find new ways to understand the impact of COPD. That makes what lives in your lungs so important.

As a SPIROMICS or SOURCE participant, you may provide information about your lungs in these ways:

- **Nasal swab**
- **Sputum collection**
- **Stool collection**
- **Bronchoscopy**

To share more about the importance of what lives in your lungs, we created a new infographic. [See the infographic here.](#)



EARLY DETECTION OF LUNG DISEASE

Some SPIROMICS participants helped with a new discovery.

SPIROMICS researchers tested induced sputum from SPIROMICS. Sputum is mucus found in the lungs. Researchers developed a new tool to analyze and score sputum samples for disease risk.

The sputum samples helped researchers find out if the scoring system worked. They published results about the score. The score could help health care providers understand someone’s lung disease risk. That may help prevent disease. The score can also find problems with mucus and follow the progression of disease.

[You can read more here.](#)

WORD MATCH-UP

Do you know where these common words from lung health and medicine come from? Match the word on the left with its origin on the right.

Answers are on the bottom of page one of this newsletter.

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| _____ 1. Spirometry | A. “to go about seeking” (Old French) |
| _____ 2. Prevention | B. “lung” + “speech/talk” (Greek) |
| _____ 3. Research | C. “time” (Greek) |
| _____ 4. Pulmonology | D. “to breathe” + “measure” (Latin) |
| _____ 5. Symptom | E. “anticipate” (Greek) |
| _____ 6. Medical | F. “happening” or “attribute” (Greek) |
| _____ 7. Thorax | G. “upper body armor” (Greek) |
| _____ 8. Chronic | H. “heal” or “to be mindful of” (Greek) |



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