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**Medical Management of COPD**

In 2009, chronic obstructive pulmonary disease (COPD) was estimated to cause approximately 137,000 deaths, becoming the third leading cause of death in the United States. COPD is also the only major illness where the rate of mortality is still increasing. In New York State, COPD claims approximately 6,000 lives every year. While there is no cure for the disease, proper medical management has been shown to decrease its overall effects.

To confirm, evaluate and stratify the severity of COPD, we recommend spirometry testing. Pharmacotherapy is an essential component of proper management of exacerbations. The Global Initiative for Chronic Obstructive Lung Disease (GOLD) recommends bronchodilators and systemic corticosteroids as part of a treatment plan for COPD exacerbations.

For more information on COPD management, you may consult the Clinical Practice Guidelines we adopted for COPD. We also offer the Better Breathing PATH program for patients with COPD. To enroll one of your EmblemHealth, HIP or GHI patients in the Better Breathing PATH program, call 1-888-881-3112.