



THE WORLD COPD DAY 2018 IN ZAGREB: REPORT

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Objective: BACKGROUND AND AIM: Chronic obstructive pulmonary disease (COPD) is a worldwide health problem, accounting for much of the chronic morbidity and mortality. The main precipitating factor is cigarette smoking, even when one is exposed prenatally, as well as genetic determinants. A lot of effort is being invested in prevention and treatment. One such example is the World COPD Day which was first held in 2002. Here we present findings of the public health action conducted in Zagreb, Croatia, as a part of the World COPD Day 2018 under the motto "Detect it early". It was possible due to the collaboration of University Hospital Centre Zagreb and Special Hospital for Lung Diseases in Rockefellerova street, and organized by the Croatian House of Breathing Foundation.

Our main goal was to collect real life data describing population smoking habits and put it into the correlation with respiratory symptoms and spirometry test results.

METHODS: Our study included a total of 152 adult participants (predominantly men – 77; 50.7 %). Every participant received

a set of questions designed for this occasion about smoking history and symptoms associated with COPD. After the interview conducted by a nurse or a physician, lung function and fraction of exhaled carbon monoxide (CO)



were assessed. All personal data and results were confidential.

RESULTS: The mean age of people who volunteered to take part in our study was 67.93 ± 10.24 years, the youngest being 23, and the oldest participant 88 years. Most of the people who were assessed were active or former smokers, 43 (28.3 %) and 46 (30.3 %) respectively, 3 (2.0 %) were passive smokers and 51 (33.6%) were never-smokers. The mean pack-years were 14.26 ± 22.27 . The most prominent symptoms were everyday cough, sputum production and dyspnea on exertion. The mean FEV1 was 2.53 ± 0.79 L (94.54 ± 20.68 %), FVC 3.26 ± 0.91 L (98.9 ± 19.55 %), FEV1/FVC 98.9 ± 19.55 % and the mean exhaled CO level was 20.84 ± 10.20 ppb. At the end, 25 volunteers met the criteria for COPD and were referred to the pulmonologist for further investigation.

CONCLUSION: Smoking is still prevalent among adults in Croatia and is associated with increased symptom frequency, worst lung function and higher levels of exhaled CO. We can thus expect further rise in COPD prevalence. Attempts should be made to change the current situation with emphasis on smoking cessation and development of national screening programs.