

Grand Rounds 10/9/20 Respiratory

Treatable Traits in Asthma & COPD

Dr David Arnold, a little bit

Dr Vanessa McDonald, a lot

Confusing?

- Asthma
- Eosinophilic Asthma
- Neutrophilic Asthma
- Paucicellular Asthma
- Asthma with COPD (or fixed airflow obstruction)
- COPD
- COPD with reversibility (or Asthma)
- Overlap Syndrome
- COPD with/without frequent exacerbations
- Emphysema
- Chronic Bronchitis
- And for those of us old enough- CAL, COAD, Pink Puffer, Blue Bloater

Case 1

- 43F, Long Hx poorly controlled Asthma, On puffers- usual suspects
- Morbidly Obese, BMI 43, Never smoked
- Best FEV1 2.34 (74%), PEFr best 500, worst 200
- Eos up to 1.2
- Frequent Prednisone, usually on Prednisone, minimum 5-10mg, Frequent flares

- Mepoluzimab (anti IL5, IL5 stirs up eosinophils, so anti eosinophil)
- Much better. Off Prednisone. Good control. Life changing
- Eos down

- Fit enough for gastric sleeve, major weight loss

- But- pregnant. Have to stop Mepo
- Worse, eos up to 0.6, back on pred 7.5mg.d min
- Then when non pregnant, back on mepo, better

Case 2

- 70M, Smoker
- SOBOE
- Reduced FEV1, no bronchodilator response
- COPD- variously
- frequent vs not frequent exacerbator
- Eos 0.0 vs 0.3 vs 0.6 but no variable spirometry to diagnose asthma
- on Salbutamol PRN, then LAMA then LABA/LAMA, now what?

Vanessa will tell us.

- Hopefully.