

CAUSES AND CONSEQUENCES OF OBSTRUCTIVE DISEASES IN POLAND - 3 YEAR OF RESEARCH EXPERIENCE WITHIN POLISH AND WORLD SPIROMETRY DAYS

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There is still lack of sufficient knowledge on causes, symptoms and consequences of obstructive diseases in Polish society. Early detection of respiratory diseases, particularly COPD, is crucial for the exacerbations progression prevention and effective treatment. Spirometry Days are expected to be one of the methods to raise the awareness of these diseases and disseminate knowledge.

In 18327 people questionnaires and pulmonary function tests were completed. Information on occurrence of respiratory diseases symptoms, allergies, smoking and place of residence were collected. Final analyses encompassed the results of 3274.

744 cases of obstruction (229 in 2013, 198 in 2014, 317 in 2015) were identified, which is 22.7% of the analysed group. For 56% of the whole group it was the first spirometry test in their life, where 357 cases of obstruction were found. Generally mean values of FEV₁, FVC and FEV₁/FVC met the GOLD guidelines. Decreasing pulmonary function was however observed in smokers, but also in non-smokers living in cities (FEV₁ lower by 4.5-9.3% as compared to rural areas inhabitants) and closer to roads with high traffic density (FEV₁ lower by 5.1% in people living <50m compared to those living >150m from road).