

# ResMed Highlights its Picks for Top COPD Research of 2017

**SAN DIEGO - November 15, 2017** - In recognition of World COPD Day, ResMed a global leader in COPD and respiratory care treatment, has selected its top five COPD research findings and therapy recommendations from the past year.

COPD (chronic obstructive pulmonary disease) plagues more than 380 million people globally and is the world's fourth leading cause of death – only heart disease, stroke and lower respiratory tract infections account for more deaths, according to the World Health Organization.

Summaries of each research finding and recommendation are below:

**1. Updated GOLD Report recommends home NIV for hypercapnic, recently hospitalized COPD patients** ([Vogelmeier CF et al. Am J Respir Crit Care Med 2017](#))

The latest GOLD report, a collection of peer-reviewed best-practice treatments by global COPD experts, offers a more proactive recommendation for the use of NIV (non-invasive ventilation) to reduce hospital readmissions, particularly for those with pronounced daytime persistent hypercapnia (increased levels of CO<sub>2</sub> in their blood).

**2. JAMA publishes landmark HOT-HMV study that finds NIV decreased risk of re-hospitalization or death by 51 percent** ([Murphy PB et al. JAMA 2017](#))

In the landmark HOT-HMV study published in *JAMA*, patients who used home NIV in addition to oxygen therapy had a 51 percent decreased risk of re-hospitalization or death, and stayed out of the hospital more than three times longer than those on oxygen alone.

**3. PAP therapy may reduce COPD hospitalizations** ([Vasquez MM et al. Am J Med 2017](#))

In a retrospective analysis of more than 1.8 million COPD patients, only 7.5 percent were using CPAP (continuous positive airway pressure), bilevel, or NIV – and each of those therapies individually were associated with a lower hospitalization risk six months after treatment vs. six months before.

**4. High prevalence of sleep-disordered breathing found in patients with COPD and mild hypoxemia** ([Silva JLR, et al. J Bras Pneumol 2017](#))

A Brazilian study of patients with COPD and mild hypoxemia (an abnormally low level of oxygen in the blood) found that 61 percent had sleep-disordered breathing: 22 percent had obstructive sleep apnea; 39 percent had isolated nocturnal hypoxemia. Researchers concluded that patients with COPD and mild hypoxemia “would benefit from sleep studies.”

**5. Nasal high-flow therapy improves ventilation in COPD patients** ([Bräunlich J et al. Int J Chron Obstruct Pulmon Dis 2016](#))

Nasal high-flow (NHF) provides a warmed and humidified air stream up to 60 L/min. This interventional clinical study of patients with severe COPD found that NHF enhances patients' breathing effectiveness and reduces their pCO<sub>2</sub> and the amount of work it takes them to breathe. Researchers concluded NHF should be evaluated as a new ventilator support device.

## About ResMed

ResMed (NYSE: RMD, ASX: RMD) changes lives with award-winning medical devices and cloud-based software applications that better diagnose, treat and manage sleep apnea, chronic obstructive pulmonary disease (COPD) and other chronic diseases. ResMed is a global leader in connected care, with more than 4 million patients remotely monitored every day. Our 6,000-strong team is committed to creating the world's best tech-driven medical device company – improving quality of life, reducing the impact of chronic disease, and saving healthcare costs in more than 120 countries. [ResMed.com](#) | [Facebook](#) | [Twitter](#) | [LinkedIn](#)

<https://newsroom.resmed.com/news-releases?item=122754>