CLSA Approved Project

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Project Title
Novel risk factors in the development and progression of Chronic Obstructive Pulmonary Disease (COPD)

Project Summary
Chronic Obstructive Pulmonary Disease (COPD) is a condition in which respiratory symptoms such as dyspnea and acute episodes, i.e., exacerbations, lead to increased morbidity and mortality. In Canada, the prevalence of self-reported COPD increased from 7.0% (1.1 million) in 2000-2001 to 9.4% (2.0 million) in 2011-2012. Since decades, tobacco smoke has been recognized as the single most important risk factor for COPD, and very little attention has been given to other risk factors. However, 25% to 45% of individuals with COPD have never smoked, and other factors (pollution and health habits) and their interplay with smoking may impact on the disease trajectory. This project will investigate whether potentially modifiable factors other than smoking such as ambient air pollution exposure, physical activity, dietary factors impact COPD development and progression in men and women using data collected from the Canadian Longitudinal Study on Aging (CLSA).

Keywords
Chronic Obstructive Pulmonary Disease (COPD), Nutrition, Physical activity, Air pollution