

Use of a Nebulized LAMA for the Treatment of COPD

FOR PATIENTS



WHAT IS NEBULIZED LAMA?

Inhaled medicine to control COPD comes in three classes:

- LAMA (long-acting muscarinic antagonist)¹
- LABA (long-acting beta-agonist)²
- ICS (inhaled corticosteroid)²

LAMA and LABA are “bronchodilators,” which means they quickly widen the airway so you can breathe.^{1,2}

ICS is “anti-inflammatory,” so it soothes irritation that can make it harder to breathe.²

LAMA is one of the first medicines to try if your COPD is severe enough to need control.³



INITIAL COPD TREATMENT

Short-acting bronchodilator

LAMA or LABA

LAMA

LAMA or combination
(LAMA + LABA or LABA + ICS)

No or one flare-up but no hospital stay needed

Two or more flare-ups or a hospital stay is needed for one or more



Four types of devices can deliver inhaled medicine for COPD. Delivery of medicine into the lungs varies depending on which device is used⁴:

- Pressurized metered-dose inhalers
- Dry powder inhalers
- Soft mist nebulizers
- Traditional nebulizer

To learn more, go to chestfoundation.org

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36%

of people with COPD worry they are not taking inhaled medicine correctly, and

77%

wonder if their medicine is effective.⁵

Many people with COPD who use inhalers make mistakes, even when they feel confident they know how to use the device.⁶

The ability to use a type of device can be affected by:

- Cognition⁷
- Older age⁷
- Musculoskeletal issues³
- Inspiratory flow rate (measures the ability to breathe)⁸

Incorrect use of an inhaler is common and related to an increased risk of hospitalization and needing steroids or antibiotics.⁷

Nebulized LAMA has been available since 2017.^{9,10}

In surveys, most people with COPD who use a nebulizer said it was better than just an inhaler:

- The benefits outweighed any inconveniences.
- Quality of life improved after beginning a nebulized medicine.¹¹

Nebulized medications might work better than dry powder inhalers for people with COPD who have trouble breathing.¹²



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