**Case Study: Chronic Obstructive Pulmonary Disease (COPD)**

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**Summary**

A 56 years old female patient has a history of systemic lupus erythematosus and COPD. She describes new-onset and shortness of breath, labored breathing at rest, mild weariness, feeling chilly and depressed, and taking most medicines of them were taken every week. Chronic Obstructive Pulmonary Disease (COPD) is a progressive disease that reduces high expiratory and flow lowers forced emptying of the lungs. It is closely associated with abnormal lung inflammation in response to gasses or harmful particles, and it's not reversible entirely. System lupus erythematosus (S.L.E.) and chronic obstructive pulmonary disease (COPD) are life-threatening diseases that ruin one's immune system. COPD patients with lung damage have an irreversible process that is exacerbated by smoking, asthma, air pollution, and certain genetic variations.

The patient could be experiencing the two types of chronic obstructive pulmonary disease based on the symptoms: emphysema and chronic bronchitis. Emphysema is a type of COPD where the airway lining stays inflamed and narrower causing shortness of breathing and the formation of mucus and swelling. COPD is diagnosed using different classification systems, such as breathing spirometry grading, which captures COPD's one component. The patient's stage was severe, but she could speak without conditions after several weeks of medication. Silica/zeolites, vitamin C, and trace mineral supplements are essential in the body's immune system, and can help prevent COPD symptoms such as wheezing, dyspnea, and worsening. Trace minerals can also help reduce the time spent on mechanical ventilation. 9 out of 10 instances of COPD are estimated to be caused by smoking. Cigarette smoking decreases your lungs' ability to fight off infections, narrows air pathways, and decimates air sacs. If someone smokes and has a close relative who has the disease, the risk of developing COPD goes up. Alpha-1-antitrypsin deficiency impacts approximately 1 person in every 100 patients with COPD. During an examination, your lungs are evaluated to see if you are getting enough oxygen into your bloodstream. A chest X-ray may reveal emphysema, which can be diagnosed with a lung C.T. scan. Lung cancer screening is another option. A lab test can be conducted to determine whether you have deficiency of alpha-1-antitrypsin, which causes COPD in certain people.

The patient took proprietary blend 1 in B.I.D., in 2nd week she took two drops, in week 3, she took 3 drops, and in advanced stage of the illness, she took Benlysta 200 mg, Hizentra 15 grams, and prednisone, which helped improve the chronic condition she was experiencing. Smoking cessation is the most crucial step in treating a COPD regimen. Seek advice from a Chronic Obstructive Pulmonary Disease (COPD) 10 recommend group support for those trying to stop smoking. Inhalable bronchodilators work by relaxing the muscles surrounding the airways in your lungs, which can ease Coughing and shortness of breathing difficulties. COPD symptoms may be exacerbated by respiratory infections, but antibiotics drugs aren't usually advised as a long-term strategy. Pulmonary rehabilitation may help you avoid a hospital stay, return to daily activities, and enhance your overall health and well-being.

Even if you receive regular treatment, you may suffer periods of deterioration in your symptoms. Additional drugs, oxygen therapy, or hospitalization may be necessary. A physician removes damaged upper lung tissue during this procedure, which allows the healthy portion to grow and function more effectively. A lung transplant is an option for those who meet specific requirements. Patients take immune-suppressing medications for the rest of their lives. A pulmonologist always asked the patient to do some exercise to improve her mood and smoothen her breathing difficulties. She also asked for help from family and friends and kept her surroundings free of irritants. COPD symptoms include shortness of breath, which can worsen if you avoid physical activity for long periods. Excess mucus COPD can cause a buildup of mucus, which makes you sleepy. The lungs produce more mucus than usual to protect themselves from infection or irritants. Coughing is a typical symptom of COPD. It is essential to cough up mucus to protect yourself from pneumonia and oxygen deprivation, but you don't want to overdo it. The patient had a history of COPD and S.L.E., and needed close attention from her family and her pulmonologist. Under intensive care, her condition will be better and reduce readmission since she will not be under a depression of the disease.