



Functional Nutrition Working Group Newsletter

July 2023

Chronic Obstructive Pulmonary Disease (COPD)

- Has been increasing each year
- Leading cause of death & disability
- Affects more than 5% of the population
- **Assessment should include the following:**
 - History, Examination & Pulmonary Function tests
- Imaging can help with overall assessment



What to look for?

Spirometry:

- can look at many measurable readings to ensure proper diagnosis and treatment regime
- can see changes within the pulmonary system such as obstructive and restrictive disorders

Sputum:

- Rust- associated with pneumococcal pneumonia
- Purulent & foul - associated with abscesses
- Thick - associated with asthma, infections, or CF

Labs:

- CBC w/ differential to see chronic infections
- Immunoglobulins (IgE) to see potential allergens
- Alpha 1 Antitrypsin - deficiency associated with early COPD

Considerations:

- If you consider that the patient has COPD, make sure to co-manage this case with either the patient's PCP or refer to a pulmonology workup
- Assisting the co-management team in ordering the appropriate lab tests to expedite faster care
- If the patient is struggling, review medications and compliance with them
- Express benefits of chiropractic care and a properly functioning thoracic spine can help relieve some symptoms and allow for better lung capacity
- Help to teach self-care to patients including proper diaphragmatic breathing techniques

Register for Upcoming Webinar

Heart Disease & ASCVD

Presented by:

Dr. Chris Turnpaugh

July 13, 2023 12:30-1:30 PM

HEART DISEASE & ASCVD BLOOD CHEMISTRY PART 1
THURSDAY JULY 13 12:30-1:30PM

PCA MEMBER **\$24**
NON MEMBER **\$32**
1 CE

Dr. Chris Turnpaugh
Heart Disease/ASCVD is the Number 1 Cause of Death in America.
We will discuss cholesterol metabolism starting with dietary intake and ending with cholesterol clearance, including markers and their interplay with risk of ASCVD.

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