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Title: Awareness campaign at World COPD Day

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Body: Introduction: Chronic Obstructive Pulmonary Disease (COPD) is a major cause of chronic morbidity, affecting 14% of the Portuguese population. The World COPD Day was on November 14th, 2012. At Hospital de Braga was held an awareness campaign. Objective: To characterize epidemiological, clinical and functional participants in the campaign of World COPD Day. Methods: Cross-sectional study with a questionnaire and spirometry to all individuals participating in the campaign. Results: 160 subjects were included, 51% male, mean age 56 years. A significant part of the population (44.3%) attended 4 years of school and had a history of smoking habits (44,3%). The body mass index was 26.9 kg/m². A quarter of the participants had a history of respiratory disease (asthma and chronic bronchitis were the main entities). When asked about if they know COPD and its methods of diagnosis, 62.5% of the population claimed to have no knowledge of this disease and only 29.4% knew what a spirometry was. Twenty-five subjects had previously performed a spirometry. We found that 3 spirometry were not likely to be reported because they did not meet acceptability and reproducibility criteria. Sixteen individuals (10.2%) presented with obstructive ventilatory changes, ten of which with respiratory history. In this group the average FEV₁ was 77%, FVC 98% and FEV₁/FVC ratio of 64. Two participants in this group had an obstruction considered severe. Conclusion: The aim of these campaigns is to raise awareness and inform the population about diseases often ignored despite their prevalence. It's also important to diagnose, treat and possible monitor some individuals who didn't know they had a problem. In our population there was a prevalence of obstructive respiratory disease of 10.2%.