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Title: Effect of long-term treatment with fenspiride on clinical and functional status of patients with chronic obstructive pulmonary disease

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Body: The aim of our study was to assess the efficacy of fenspiride (F) as complementary anti-inflammatory therapy in combination with fenoterol+ipratropium bromide (F+I) in patients COPD phenotype as chronic bronchitis. Study population: 20 pts with COPD A-B (13 males (65%)), were studied over a 6-month treatment period. Mild age 49,02±11,32 year, duration of COPD 13,03±4,76. 1st gr.(10 pts) – combined therapy with F (160 mg/day) and F+I (200+80 mcg daily). 2nd gr. (10 pts) – only F+I (400+160 mcg/day). Methods: the quality of life (QOL) was evaluated using the SGRQ. Functional status was accessed by pulmonary function test (PFT) and pneumotonometry, 6MWD test and Borg dyspnea scale. All studies as well as the SGRQ underwent again under the same condition in 6-months later. Results: significant increase was observed in all of the SGRQ domains in 1st gr ($p<0,01$). Changes in pulmonary functions were significantly correlated with activity, impact and total SGRQ scores ($p<0,001$). Reduction of bronchial obstruction was less considerable and is comparable in both groups ($p=0,04$, $p=0,038$). An increase of 25,15±5,5 meters was determined in the 6 MWD. Perceived dyspnea severity and leg fatigue severity were reduced in 1st gr ($p<0.05$). Significant increases were obtained in the respiratory muscle strength ($p=0,01$). Conclusion: the study showed greater efficacy of long-term treatment with fenspiride and fenoterol+ipratropium bromide compared with fenoterol+ipratropium bromide. This combination regimen can be recommended for the reduction of inflammation and prevention of disease progression for patients with COPD phenotype as chronic bronchitis.