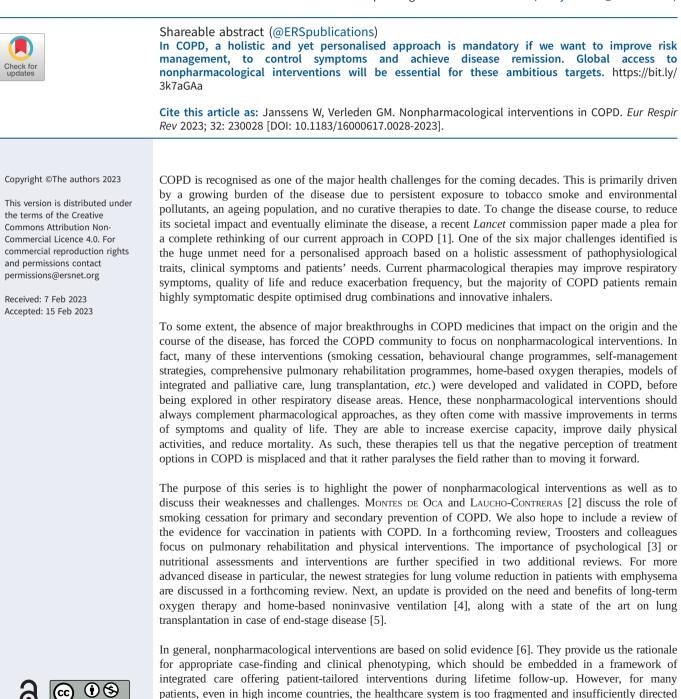


Nonpharmacological interventions in COPD

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towards prevention and chronic disease management. The need for strategies and coordinated action plans

that improve global access, not only to effective drugs, but also to multicomponent interventions at every stage of the disease, is imperative. Only then will personalised medicine in its true meaning be achieved in COPD and the hope for adequate risk management, total symptom control and disease remission will be justified.

For decades the perception of COPD has been negative. Today, COPD should no longer be considered as a self-inflicted disease, as it has many causes other than tobacco smoking. COPD has many faces that all look away from fixed irreversible airway obstruction and that warrant a patient-centric holistic approach beyond pharmacotherapy [1, 6]. If this series helps us to embrace this positive vision, we will make a huge step forward in clinical practice.

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