



Dear SPIROMICS Participant...YOU are the MOST important part of this study!

At this time, we are continuing to try and call each and every one of you. As part of the study, we are collecting valuable information every time we call and ask you questions from the Follow-Up Questionnaire.

If you haven't heard from the site that you attended for your SPIROMICS in-person visits, please take a moment and call them at _____ (site can input their phone number prior to IRB submission).

Your site may have been trying to reach you with an outdated phone number or address and it is so important for us to stay in contact with you. We know your site would love to hear from you!

Sincerely,

The SPIROMICS Research Team

Some facts about COPD, or Chronic Obstructive Pulmonary Disease:

- COPD is the third leading cause of death in the United States
- COPD makes it hard to breathe and gets worse over time
- Cigarette smoking is the leading cause of COPD
- COPD is currently diagnosed using a breathing test called spirometry, which measures how much air you breathe out and how fast

Important new finding from SPIROMICS:

Surprisingly, SPIROMICS found that about half of current or former smokers have respiratory symptoms similar to COPD, even when their lung function is not low enough to qualify as having COPD.

- These individuals have:
 - shortness of breath and difficulty exercising
 - "flare ups" of their symptoms
- They may already be on medications used in COPD, even though these medications have never actually been studied in patients who do not have COPD or asthma.
- This new finding raises questions about whether the definition for COPD should be updated.
- This study was published in the *New England Journal of Medicine* on May 12, 2016 and was also highlighted in the New York Times, Science Times section, on June 21, 2016.



**SUBPOPULATIONS AND INTERMEDIATE
OUTCOME MEASURES IN COPD STUDY**

SPIROMICS inspires a new NIH clinical trial

Based on the findings from SPIROMICS, the NIH has funded a new clinical trial, named the RETHINC Study (for “REdefining THERapy IN early COPD”). The goal of RETHINC is to find out whether bronchodilators that help patients with COPD will also help those who have symptoms of COPD but do not have the low lung function we see in COPD. This clinical trial will begin enrolling patients in the summer of 2017. If you are interested, please contact your local SPIROMICS coordinator.

SPIROMICS has been funded by the NIH to restart seeing our participants in 2017

Because the results from SPIROMICS have been so important, the National Institutes of Health (NIH) will refund the study to begin seeing our participants again in person in 2017. You can expect to hear more from us about how you can help.

We would like to take this opportunity to thank all of our participants for their participation. Your time and effort has changed the way we think about COPD and other smoking related lung diseases and is helping us make scientific advances. We are extremely appreciative and look forward to our continued work together.

You can find more SPIROMICS publications and study information at:

<https://spiromics.com>