

# Chronic Obstructive Pulmonary Disease (COPD) Originates in Polluted Air (COPA)

## PURPOSE OF THIS STUDY:

Traffic-related air pollution (TRAP) exposure is linked to a higher chance of developing chronic lung diseases. We want to understand how different people with varying degrees of susceptibility to chronic lung diseases react to TRAP. To achieve this goal, we are investigating the changes in secretions from the lung and blood after people are exposed to diesel exhaust. Through the COPA study, we aim to understand the very early stages of COPD development, and work to develop strategies to enhance protection and prevention.

## WHO CAN PARTICIPATE?

- > Men and women
- > 40 – 80 years of age
- > Not pregnant or breastfeeding
- > We are looking for:
  - healthy people who have never smoked
  - ex-smokers
  - people with mild to moderate COPD

## WHAT IS INVOLVED?

- > Five visits totaling ~30 hours, spread over 5 weeks
- > Two hour exposure to diesel exhaust
- > Lung function testing
- > Health questionnaires
- > Heart and lung exercise tests
- > Collection of blood and urine samples
- > Bronchoscopy 24 hr after diesel exposure

## CONTACT INFORMATION:

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To learn more about this study, visit [vchri.ca/participate](http://vchri.ca/participate)

## STUDY TIME/DURATION

Monday – Friday  
8AM – 5PM

The study is currently open for enrollment. We anticipate recruiting until August 2018.

## STUDY LOCATION

Gordon and Leslie  
Diamond Centre  
The Lung Centre, VGH  
7/F, 2775 Laurel Street  
Vancouver

UBC Physical Therapy  
James Hogg Research  
Centre  
St Paul's Hospital  
Vancouver

## PRINCIPAL INVESTIGATOR

Dr. Christopher Carlsten  
Associate Professor  
Department of Respiratory,  
UBC  
Research Investigator with  
VCH Research Institute



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