



COPD comorbidities predict high mortality – asthma-COPD-overlap has better prognosis

Journal:	<i>COPD: Journal Of Chronic Obstructive Pulmonary Disease</i>
Manuscript ID	COPD-2019-OR-0268.R1
Manuscript Type:	Original Paper
Date Submitted by the Author:	n/a
Complete List of Authors:	Harju, Terttu; Oulu University Hospital, Department of Medicine, Respiratory Unit and MRC Oulu Peltola, Lotta; Oulu University Hospital, Department of Medicine, Respiratory Unit and MRC Oulu Pätsi, Heikki; Oulu University Hospital, Department of Medicine, Respiratory Unit and MRC Oulu
Keywords:	COPD, asthma, asthma-copd-overlap, comorbidity, survival, hospitalisation

SCHOLARONE™
Manuscripts

COPD comorbidities predict high mortality – asthma-COPD-overlap has better prognosis

Peltola, Lotta* & Pääsi, Heikki* (equal contribution), Harju, Terttu*

**) Oulu University Hospital, Department of Medicine, Respiratory Unit and MRC Oulu, Respiratory Research Group, University of Oulu and Oulu University Hospital*

Corresponding author: Terttu Harju, terttu.harju@oulu.fi

Abstract

The purpose of this study was to investigate the characteristics and survival of patients with COPD and asthma-COPD overlap (ACO) and how these patient groups differ from each other. We examined the impact of different comorbidities, multimorbidity, lung function and other factors have on survival in ~~non-asthmatic~~-COPD and ACO patients. We also examined the causes of death to determine how many patients die of other than respiratory diseases.

This retrospective study includes 214 patients with an exacerbation of COPD requiring hospitalisation during the year of 2005. The patients were followed up until the end of year 2015. The survival of ACO patients was significantly higher than ~~non-asthmatic~~-COPD patients (4,7 vs 1,7 years, $p=0,001$). Poor lung function predicted worse survival in both patient groups, but the prognosis was still better in ACO patients with both FEV1 over and under 50 % of predicted (median survival {8,4 years vs. 5,8 years $P<0.001$ }. compared to COPD (4.9 and 3.1 years, respectively). When taking lung function in account, prognosis was better only in the ACO group with FEV1 over or under 50 % of predicted (8,4 years vs. 5,8 years $P<0.001$). In this study setting, the negative effect of having three or more comorbidities on survival was significant in both groups. We didn't see major differences in the profiles of comorbidity patterns, in the underlying cause of deaths or in the pulmonary functions between ACO and COPD groups at the beginning of follow-up. Patients with a BMI over 25 seemed to have a trend for better survival ($p=0.055$), but no differences were found between ACO and COPD groups.

Introduction

Asthma-COPD Overlap (ACO) is a relatively new phenotype of chronic obstructive pulmonary disease and was added to the Global Initiative for Chronic Obstructive Lung Disease (GOLD) ~~Guidelines~~ in year 2015 [1]. ACO is characterized as chronic, incompletely reversible airflow limitation with several clinical features associated with asthma and others with COPD. However, there has not yet been enough evidence to determine a specific definition for the syndrome or to define disease pathogenesis or the optimal treatment [2]. ACO is not a single disease, instead it represents overlap of both disorders and includes patients with different phenotypes of both diagnoses [2].

The prevalence of ACO ranges in different studies from 15% to 55%, with variation by age and ~~gendersex~~ [1-3]. A Finnish study examining hospital discharge data from the National Institute of Health and Welfare found that 16.1% of patients hospitalised with an exacerbation of asthma or COPD also had an overlap of these diagnoses [4]. Research has suggested that asthma and COPD overlap particularly in smokers and elderly patients [2], though some studies have found that the patients suffering from both asthma and COPD are more often younger, female, have higher BMI and a higher burden of comorbidities than when comparing ACO with asthma and COPD [5]. Patients with ACO have also been shown to have worse outcomes than patients with asthma or COPD alone [2] and to experience exacerbations more frequently, have a more rapid decline in lung function, to consume more healthcare resources and to have higher mortality than patients without overlap. [1,2,6]

Exacerbations are defined as acute and sustained worsening of COPD symptoms, apart from day-to-day variation, leading to change in medication and / or hospitalisation [7]. Frequent acute exacerbations and hospitalisation for exacerbations have been shown to have a negative impact on the prognosis of COPD patients [8,9].

The aim of this study was to look at the prognosis of severe exacerbating COPD and find out, whether the prognosis and comorbidity profile of asthma-COPD-phenotype differs from non-asthma phenotype. We also investigated the prevalence and incidence of comorbidities in COPD and ACO patients and evaluated their effect on survival in a Finnish population. In the light of previous studies, comorbidities in COPD are frequent and influence negatively on survival [10] and ACO patients seem to have a higher burden of comorbidities [11].

Methods

This study was a retrospective hospital register based study that consists of patients with COPD treated in Oulu University Hospital during the year 2005. The patients for the cohort were chosen from the hospital register based on the diagnosis number (International Classification of Diseases, COPD ICD 10: J41-J44). For statistical analysis, patients were divided into two groups: COPD patients with asthma-COPD overlap (from now on referred to as ACO patients) and COPD patients without an asthmatic component present (COPD patients). The presence of asthma was determined by doctor-diagnosed asthma documented in patient records of Oulu University Hospital and/or listed in the diagnoses of hospital treatment episode(s) or out-patient visit. Patient characteristics were collected from the patient files of Oulu University Hospital until the end of 2015, with retrospective follow-up of patients ~~up to~~ maximum of 10 full years. Besides, all the death certificates were collected from the data archive and inspected regarding the cause of death as well as the exact day of death.

The material which consisted of a total of 214 patients were analysed with statistical software SPSS Statistics. We divided the patients into two groups, COPD patients with asthma component (ACO) and the patients with diagnosis of COPD without the asthmatic features. All the frequencies between the groups were calculated by the statistical program me whereas significance between the two groups were determined by the evaluation of t-test and Mann-Whitney U -test depending on the distribution of a chosen parameter within the groups. The survival was examined by Kaplan-Meier survival test and the curves were formed by the program me. Evaluation of significance were considered by the Log-rank test which defined the significance pair wisely over the strata in the graphics. Moreover, Chi-square test was used to analyse the difference between ACO and COPD -groups in the crosstabs.

The study plan was approved by the Regional Ethics Committee of the Northern Ostrobothnia Hospital District. The patients were not contacted regarding this study. The ethical principles of medical research according to Helsinki declaration have been followed.

Results

Patient characteristics

The patients in ACO group were younger (67 years vs 70 years, $p < 0.05$), more often female (34% in ACO group vs. 22% in COPD group) and more often overweight (BMI 29 vs 27, $p < 0.05$) compared to COPD patients. Among all the patients in the study, ~~Only 2.3% of all patients were known to be lifelong non-smokers and all these patients had ACO. 49% were current smokers and 49% ex-smokers. there was~~ There was no statistically significant difference in current smoking status of ACO and COPD patients, but an equal amount of current and ex-smokers (49% of each). Only 2.3% of all patients were known to be lifelong non-smokers and all

1
2
3 ~~these patients had ACO. There was no statistically significant difference in current smoking~~
4 ~~status of ACO and COPD patients, but~~ COPD patients had more pack years compared to ACO
5 patients (44 pack years vs. 39 pack years, $p = 0.05$). There was no difference in lung function
6 measured by forced expiratory volume in the first second (FEV1) or diffusing capacity of carbon
7 dioxide (corrected for haemoglobin, DLCOc) between the two patient groups. Patient
8 characteristics are described in table 1.
9
10
11
12
13
14
15

16 ***Prevalence of comorbidities***

17
18 There was no significant difference in the number of comorbidities and both patient groups had a
19 median of three diagnosed comorbidities at the time of index hospitalisation in year 2005. Lung
20 cancer was more often diagnosed in the COPD groups before the follow-up (Table 2).
21
22
23
24
25
26
27

28 ***Survival and lung function***

29
30 The survival of ACO patients was significantly better than of ~~non-asthmatic~~ COPD patients (4,7
31 vs 1,7 years, $p = 0,001$) (Figure 1.). The lung function data was available only in 84/128 cases in
32 ACO group and in 38/86 in COPD group. In cases with lung function data available, Ppoor lung
33 function predicted worse survival in both patient groups (Figure 2), but the prognosis was still
34 better in ACO patients with both FEV1 over and under 50 % of predicted. Median survival was
35 8.4 years for ACO patients with FEV1 >50 % predicted and 5.8 years for the patients with ACO
36 with FEV1 <50% predicted, when in the COPD group median survival was 4.9 years for COPD
37 with FEV1 >50% predicted and 3.1 for COPD with FEV1 <50% predicted ($p < 0.001$). The
38 difference between ACO patients with under (N=20) and over 50% (N=46) of FEV1 % predicted
39 remains ($p < 0.01$) after excluding those patients who didn't meet the criteria for COPD (FEV1%
40 < 70.0% after bronchodilator) in the spirometry done around the index year (± 2 years) but were
41 diagnosed with COPD before.
42
43
44
45
46

47 ***Survival and comorbidities***

48
49 The number of diagnosed comorbidities at the time of index COPD hospitalisation predicted
50 survival. For patients with ACO and 0 to 2 comorbidities, the median survival was 6.0 years (N=
51 48) and for ACO patients with 3 or more than 3 comorbidities the survival was 3.7 years (N=81).
52 For COPD patients with 0 to 2 comorbidities, the median survival was 2.4 years (N=42) and for
53 COPD patients with 3 or more ~~than 3~~ comorbidities 1.1 years (N=43). $P < 0.001$ (Figure 3).
54
55
56
57
58
59
60

1
2
3 Obese patients had a trend for better survival compared to non-obese patients with median
4 survival for BMI < 25 3.3 years, and for BMI>25 5.7 years, p = 0.055), but the difference was
5 not statistically significant (Figure 4). The number of underweight cases was very low (8 in
6 COPD group and 3 in ACO group) and no differences between underweight cases compared to
7 normal weight or obese patients could be calculated.

8
9
10
11 Survival between groups has been compared after excluding patients with lung cancer. These
12 patients were more frequent at index date in COPD compared to ACO and may be the cause of
13 the reduced survival. After exclusion of these cases, the results of survival analysis did not
14 change remarkably and the median survival in COPD group after exclusion of lung cancer cases
15 was 2,1 years, in ACO 4,6 years (p<0,001).

18 19 *Causes of death*

20 There were no differences in the underlying cause of deaths between ACO or COPD group
21 (Table 3). The most common underlying cause of death was a disease of the respiratory system
22 (ICD 10: J00-J99) in both ACO and COPD groups. The other recurring causes were diseases of
23 the circulatory system (ICD 10: I00-I99) and neoplasms (ICD 10: C00-D49). “Other” causes
24 included for example accidents, intoxications, complications of diabetes and gastrointestinal
25 catastrophes. ~~These findings were similar to previous findings, where causes of death of COPD~~
26 ~~patients have been respiratory in 35-57%, cardiovascular in 25-27% and cancer in 20-33% of the~~
27 ~~cases [12-14].~~

34 35 **Discussion**

36 In this study we found that patients with asthma-COPD-overlap have better prognosis compared
37 to ~~non-asthmatic~~-COPD patients and that a higher number of comorbidities at the beginning of
38 the follow-up had a negative effect on survival in both ACO and COPD patients.

39
40
41
42 The overall survival of COPD patients hospitalised for exacerbation was poor as previously
43 described [15] but considering the modern era of rising awareness of COPD and the possibilities
44 of interventions (vaccinations, medication, rehabilitation) and ~~guidelines-global statements~~
45 (GOLD, GINA) still surprisingly poor. In our study, COPD patients with co-existing asthma had
46 significantly better prognosis. In a recent publication the longitudinal change of lung function in
47 ACO patients was favourable compared to COPD patients [16]. On the contrary, in a US based
48 study ACO was associated with higher asthma and COPD severity as well as decreased lung
49 function compared with COPD or asthma alone [17]. It has also been suggested that ACO is a
50 heterogenous group of diseases, with different subtypes for example asthma-predominant ACO
51 and COPD-predominant ACO, with more frequent exacerbations in COPD-predominant ACO-

1
2
3 group [18]. Since we don't have a universally accepted definition of ACO and ACO subtypes,
4 the published data on epidemiology is still controversial.
5
6

7 The significantly better prognosis of ACO patients is a new finding in line with previous findings
8 [19, 20] (Cosio et al, Suzuki et al) but and the protective factors contributing to better survival
9 are still unclear. Some possible explanatory factors might include patient characteristics such as
10 younger age, female sex or smaller number of pack years, as seen in our study population. The
11 lung function (based on FEV1 and DLCOc) of our ACO patients wasn't better compared to
12 COPD patients, but the variability of airway obstruction and inflammation in asthma might for
13 example result in better response to medication than in non-asthmatic-COPD. The use of ICS has
14 been shown to prevent the decline of lung function in asthma patients by preventing severe
15 exacerbation [21-19], and this might reflect on ACO patients, too. The protective factors could
16 also be unrelated to asthma itself, such as the obesity paradox discussed earlier.
17
18
19
20
21

22 It has been shown in earlier studies, that ACO patients are more often younger, female, have
23 higher BMI and a higher burden of comorbidities than compared to patients with asthma or
24 COPD alone [5]. Patients in our ACO group were also younger, more often female and
25 overweight, but we found no difference between ACO and COPD patients when it came to the
26 number of comorbidities. ACO patients also had better survival even when compared to COPD
27 patients with the same amount of or fewer comorbidities at the beginning of the follow up period
28 (Figure 3). Mostly there was no statistically relevant difference between the prevalence of
29 different comorbidities, except for lung cancer, which was more prevalent in COPD patients at
30 the beginning of the follow up. COPD is an independent risk factor for lung cancer development,
31 independent of smoking exposure [22-20]. Patients in the COPD group were older and had more
32 pack years than ACO patients, which could at least play a part in explaining the higher
33 prevalence of lung cancer in this group. However, a reduced risk of lung cancer has also been
34 found in COPD patients with coexisting asthma diagnosis in a large Swedish population-based
35 cohort [23-1]. These findings causes of death were similar to previous findings, where causes of
36 death of COPD patients have been respiratory in 35-57%, cardiovascular in 25-27% and cancer
37 in 20-33% of the cases [12-14].
38

39 Very few patients in our material were life-long non-smokers and they all had ACO diagnosis. It
40 is difficult to accept the diagnosis of ACO in a never smoker and to differentiate from chronic
41 asthma but the clinical picture, risk factors such as passive smoking and work-related exposure
42 as well as follow-up data together with response to treatment are helpful.
43
44
45
46
47
48

49 Survival of ACO patients was also better when taking lung function into account: ACO patients
50 with FEV1 both over and under 50% of their predicted value had superior survival when
51 compared to COPD patients with similar lung function (Figure 2). Better lung function meant
52 longer survival only among ACO patients. Even though FEV1 is one of the several variables
53 used when assessing disease severity and trying to identify patients with an increased risk of
54
55
56
57
58
59
60

mortality, the degree of airflow limitation alone is not an ideal method when it comes to predicting prognosis of COPD patients [1,2224]. Comorbidities are common in COPD patients and have been shown to have an impairing influence on prognosis [2325], as also our study results indicate. A higher number of diagnosed comorbidities at the time of index COPD hospitalisation predicted poorer survival. Therefore, instead of only using lung function tests to evaluate disease severity, a comprehensive assessment of the patient, including the co-existing diseases and their proper treatment, should be made to evaluate disease burden and risks.

When we combined both patient groups, patients with a BMI higher than 25 seemed to have better survival as patients classified as normal or underweight. Even though this difference was not statistically relevant ($p = 0.055$), this “obesity paradox” has been documented before: obese COPD patients have been shown to have better survival and lower risk of mortality in multiple studies [264]. Overweight has been linked to improved survival in patients hospitalised for exacerbation of COPD both in-hospital and after hospitalisation in earlier studies [275,286]. This effect wasn’t seen in ACO or COPD as distinct groups. ACO patients had better survival and were more often overweight than COPD patients, and therefore might be over-presented in the higher BMI group and thus improve the survival of patients with higher BMI. However, even though body mass index has long been used to evaluate nutritional risks in patients, other means should also be used when doing a comprehensive assessment of COPD patients nutrition status [297].

A successful 10-year National Asthma Programme was initiated in Finland in 1994. The goal was to reduce the burden of asthma on both individual and national level by enforcing e.g. early diagnosis, active treatment with ICS and self-management, with a focus on educating professionals working in primary care [3028]. The goal was met, and in 1994-2004 the number of hospital days fell by 69% and even though the incidence of asthma still increased, the yearly total costs for asthma were reduced by one-third [230]. This trend has continued in Finland according to a follow-up by Kauppi et al. [2931]. It is possible that these positive results also have a partial effect on COPD patients with asthma in Finland, and thus reflect on the better survival of ACO patients. [National COPD Programme 1997-2008 \[32\] \(The 10-year COPD Programme in Finland: effects on quality of diagnosis, smoking, prevalence, hospital admissions and mortality Vuokko L Kinnula, Tuula Vasankari, Eva Kontula, Anssi Sovijarvi, Olli Saynajakangas & Anne Pietinalho Primary Care Respiratory Journal volume 20, pages178-183\(2011\) was able to end the increase in COPD prevalence, to cut down prevalence of smoking, improved diagnosis and diminished hospitalisation for COPD.](#)

Limitations

This was a retrospective hospital register based study, ~~so the accuracy of the gathered data can't always be guaranteed.~~ Diagnosis for COPD could have been made based on just one spirometry test and the base of diagnosis was not always stated in the patient records, so it is possible the

1
2
3 diagnosis could have been made based on symptoms and an excessive smoking history only in
4 some cases. There were cases where we could not acquire information on lung function, but even
5 though the diagnostic criteria for COPD might not have been met, the overall prognosis remains
6 poor.
7
8
9

10 ***Future implications***

11 According to our study, the prognosis of both COPD patients hospitalised for exacerbation was
12 worse than the survival in many malignant diseases. An exacerbation of COPD should be treated
13 as a window of opportunity for comprehensive assessment, treatment enhancement and
14 identification and optimal treatment of comorbidities. At the latest at this point should multi-
15 professional teams participate in promoting and supporting smoking cessation, initiating exercise
16 rehabilitation and making a nutritional status assessment for COPD patients. Health coaching
17 and building a treatment partnership with the patient should be incorporated to improve self-
18 management, and the patient should be seen as an active player and key to their own prognosis.
19
20
21
22
23

24 When diagnosing patients with obstructive lung disease, it should be remembered that not all
25 smoker airways obstruction is purely COPD. Identification of a possible underlying asthma-
26 COPD-overlap should be made at an early stage to initiate proper treatment and optimise the
27 patients' prognosis.
28
29
30
31

32 **Conclusion**

33
34 In our study population, the overall survival of COPD patients hospitalised for exacerbation was
35 poor, but the survival of ACO patients was significantly higher than of ~~non-asthmatic~~-COPD
36 patients. Comorbidities are common in both patient groups, and a higher number of
37 comorbidities have a negative effect on survival for both ACO and COPD patients. A
38 comprehensive assessment of patients with obstructive airway disease should be made, not only
39 to optimise the treatment according to the lung disease phenotype but also to identify and
40 manage the possible co-existing diseases.
41
42
43
44

45 **Statement of Authorship**

46
47 The study was planned by T. Harju. L. Peltola, H. Päätsi and T. Harju contributed to the design of
48 the manuscript. L. Peltola and H. Päätsi equally contributed to the acquisition of the data. The data
49 analysis was done by H. Päätsi. All authors contributed to the interpretation of the data and
50 drafting of the manuscript. The final manuscript was written by L. Peltola and H. Päätsi. All
51 authors revised and approved the final manuscript and agree to be fully accountable for ensuring
52 the integrity and accuracy of the work.
53
54
55
56
57
58
59
60

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60

Declaration of Interest

The authors declare, that they have no conflicts of interest.

For Peer Review Only

Table 1. The differences in patient characteristics between ACO and COPD patient groups

Variable	ACO			COPD			p-value
	Mean	SD	N	Mean	SD	N	
Age (years)	67.2	10.4	128	70.2	10.3	86	<0.05
<u>Sex (male/female)</u>			<u>83/45</u>			<u>68/18</u>	
<u>Smoking (non/current/ex)</u>			<u>6/61/61</u>			<u>0/43/43</u>	
Packyears	39.0	16.5	106	44.4	17.0	57	0.05
BMI	29.2	7.4	102	25.9	7.3	61	<0.01
<u>FEV1</u>	<u>1.4</u>	<u>0.62</u>	<u>94</u>	<u>1.6</u>	<u>0.74</u>	<u>53</u>	<u>0.87</u>
<u>__FEV1 (% predicted)</u>	<u>46.750.5</u>	<u>17.517.4</u>	<u>9484</u>	52.7	19.9	38	0.54
FVC	<u>2.4</u>	<u>0.84</u>	<u>93</u>	<u>2.6</u>	<u>0.94</u>	<u>52</u>	<u>0.78</u>
<u>__FVC (% predicted)</u>	<u>63.7</u>	<u>16.3</u>	<u>93</u>	<u>69.3</u>	<u>19.8</u>	<u>52</u>	<u>0.85</u>
<u>FEV1/FVC (%)</u>	<u>58.6</u>	<u>16.1</u>	<u>84</u>	<u>58.0</u>	<u>14.6</u>	<u>38</u>	<u>0.84</u>
<u>DLCOc (% predicted)</u>	<u>3.848.9</u>	<u>21.92.0</u>	83	<u>25.33.4</u>	<u>20.61.6</u>	39	<u>0.190.4</u>
<u>__DLCOc (% predicted)</u>	<u>48.9</u>	<u>21.9</u>	<u>83</u>	<u>25.3</u>	<u>20.6</u>	<u>39</u>	<u>0.4</u>
Number of comorbidities Before the follow-up	3.1	1.71	128	2.8	1.82	86	0.25
Number of comorbidities After the follow-up	4.3	1.8	128	3.8	1.9	86	0.5

BMI = body mass index; weight (kilograms)/height exp2

FEV1 = forced expiratory volume in one second

FEV1% = FEV1/FVC, forced expiratory volume in one second over forced vital capacity

DLCOc = diffusing capacity of carbon dioxide, corrected for haemoglobin

Table 2. The difference in frequencies of comorbidities between ACO and COPD groups at the beginning of follow up.

Comorbidity	ACO N (%)	COPD N (%)	Total N (%)	p-value
Coronary heart disease	69 (54)	36 (42)	105 (49)	0.8
Hypertension	64 (50)	41 (48)	105 (49)	0.7
Cardiac arrhythmia	39 (31)	18 (21)	57 (27)	0.1
Cardiac insufficiency	47 (37)	32 (37)	79 (37)	0.9
Type 2 diabetes mellitus	25 (20)	15 (17)	40 (19)	0.7
Chronic bronchitis	18 (14)	10 (12)	28 (13)	0.6
Osteoporosis	17 (13)	8 (9)	25 (12)	0.4
Cancer*	15 (12)	13 (15)	28 (13)	0.5
Lung cancer	4 (3)	9 (11)	13 (6)	0.03
Schizophrenia	13 (10)	4 (5)	17 (8)	0.1
Connective tissue disease	11 (9)	10 (12)	21 (10)	0.5
Peripheral atherosclerosis	14 (11)	14 (16)	28 (13)	0.3
Depression	18 (14)	7 (8)	25 (12)	0.2
Aneurysm of abdominal aorta	9 (7)	6 (7)	15 (7)	1.0
Sleep apnoea	9 (7)	7 (8)	16 (8)	0.8
Gastroesophageal reflux	16 (13)	5 (6)	21 (10)	0.1

* Excluding lung cancer

Table 3. The difference in frequencies of underlying cause of deaths between ACO and COPD groups.

Cause of death	ACO (n=92)	COPD (n=75)	P-value
Respiratory causes	47 (51%)	33 (33%)	0.4
Cardiovascular diseases	28 (30%)	22 (29%)	0.9
<u>Neoplasms</u> Cancer	14 (15%)	16 (21%)	0.3
Other	3 (3%)	6 (8%)	0.2
Total	92 (100%)	75 (100%)	

Peer Review Only

Legends to figures

Figure 1: The survival of ACO patients was significantly better with median survival time of 4,7 years, compared to COPD patients (1.7 years). ($p < 0.001$)

Figure 2. Survival time for each group determined by the FEV1 % of predicted and phenotype (COPD or ACO). Median time of survival was 8.4 years for the patients with ACO and FEV1 > 50 % predicted, 5.8 years for the patients with ACO + FEV1 < 50 % of predicted, 4.9 for COPD + FEV1 > 50 % of predicted and 3.1 for COPD + FEV1 < 50 % of predicted. The impact of Survival in ACO group was significantly worse in cases with FEV1 % < 50 % of predicted at the beginning of the follow-up compared to cases with FEV1 > 50% predicted had a significant impact only between the ACO patients ($P < 0.01$). FEV1 data was available from 84/128 patients in ACO group and 38/86 in COPD-group.

Figure 3: In the group of ACO patients with 0-2 comorbidities median survival was 6.0 years (N= 48), in the group of ACO patients with 3 or more comorbidities the median was 3.7 (N=81), in COPD patients with 0-2 comorbidities the median survival was 2.4 years (N=42) and in COPD patients with 3 or more comorbidities the median survival was 1.1 years (N=43). The impact of the number of comorbidities was significant in both groups ($p < 0.05$ between ACO patients, $p < 0.05$ between COPD patients).

Figure 4. Median survival rate for BMI < 25 group was 3.3 years, For BMI > 25 group median survival rate was 5.7, respectively. ($p = 0.055$)

References

1. Global Initiative for Chronic Obstructive Lung Disease (GOLD): Global Strategy for the Diagnosis, Management and Prevention of COPD 2015⁹. Available from <http://goldcopd.org>, Date last accessed: 11.8.2019
2. Global Initiative for Asthma (GINA): Global Strategy for Asthma Management and Prevention 2019. Available from <https://ginasthma.org>, Date last accessed: 11.8.2019
3. GINA & GOLD: Diagnosis of Diseases of Chronic Airflow Limitation: Asthma, COPD and Asthma-COPD Overlap Syndrome (ACOS) 2015. Available at <https://goldcopd.org/asthma-copd-asthma-copd-overlap-syndrome/>, Date last accessed: 11.8.2019
4. Andersen H, Lampela P, Nevanlinna A, et al. High hospital burden in overlap syndrome of asthma and COPD. *Clin Respir J* 2013; 7: 342-346.
5. Leung JM, Sin DD. Asthma-COPD overlap syndrome: pathogenesis, clinical features, and therapeutic targets. *BMJ* 2017; 358: j3772.
6. Alshabanat A, Zafari Z, Albanyan O, et al. Asthma and COPD Overlap Syndrome (ACOS): A Systematic Review and Meta Analysis. *PLoS One* 2015; 10: e0136065.
7. Pavord ID, Jones PW, Burgel PR, et al. Exacerbations of COPD. *Int J Chron Obstruct Pulmon Dis* 2016; 11 Spec Iss: 21-30.
8. Soler-Cataluna JJ, Martinez-Garcia MA, Roman Sanchez PF, et al. Severe acute exacerbations and mortality in patients with chronic obstructive pulmonary disease. *Thorax JID - 0417353*.
9. Garcia-Sanz MT, Canive-Gomez JC, Senin-Rial L, et al. One-year and long-term mortality in patients hospitalized for chronic obstructive pulmonary disease. *J Thorac Dis* 2017; 9: 636-645.
10. Divo M, Cote C, de Torres JP, et al. BODE Collaborative Group. Comorbidities and risk of mortality in patients with chronic obstructive pulmonary disease. *Am J Respir Crit Care Med* 2012; 186: 155-161.

- 1
2
3 11. Maselli DJ, Hanania NA. Asthma COPD overlap: Impact of associated comorbidities. *Pulm*
4 *Pharmacol Ther* 2018; 52: 27-31.
5
6
7
- 8 12. Fabbri LM, Luppi F, Beghé B, et al. Complex chronic comorbidities of COPD. *European*
9 *Respiratory Journal* 2007; 31: 204-212.
10
11
12
- 13 13. McGarvey LP, Magder S, Burkhart D, et al. Cause-specific mortality adjudication in the
14 UPLIFT® COPD trial: Findings and recommendations. *Respir Med*; 106: 515-521
15
16
17
- 18 14. Gudmundsson G, Ulrik CS, Gislason T, et al. Long-term survival in patients hospitalized for
19 chronic obstructive pulmonary disease: a prospective observational study in the Nordic countries.
20 *Int J Chron Obstruct Pulmon Dis* 2012; 7: 571-576.
21
22
23
- 24 15. Golpe R, Suarez-Valor M, Martin-Robles I, et al. Mortality in COPD patients according to
25 clinical phenotypes. *Int J Chron Obstruct Pulmon Dis* 2018; 13: 1433-1439.
26
27
28
- 29 16. Park HY, Lee SY, Kang D, et al. Favorable longitudinal change of lung function in patients
30 with asthma-COPD overlap from a COPD cohort. *Respir Res* 2018; 19: 36-018-0737-8.
31
32
33
- 34 17. Mendy A, Forno E, Niyonsenga T, et al. Prevalence and features of asthma-COPD overlap in
35 the United States 2007-2012. *Clin Respir J* 2018; 12: 2369-2377.
36
37
38
- 39 18. Kim MH, Rhee CK, Kim K, et al. Heterogeneity of asthma and COPD overlap. *Int J Chron*
40 *Obstruct Pulmon Dis* 2018; 13: 1251-1260.
41
42
43
- 44 19. [Suzuki M, Makita H, Konno S, et al. Asthma-like Features and Clinical Course of Chronic](#)
45 [Obstructive Disease. An Analysis from the Hokkaido COPD Cohort Study. *Am J Respir Crit*](#)
46 [Care Med. 2016 Dec 1; 194\(11\): 1358-1365.](#)
47
48
49
50
51
52
53
54
55
56
57
58
59

1
2
3 [20. Toledo-Pons N, van Boven JFM, Román-Rodríguez M, et al. ACO: Time to Move From the](#)
4 [Description of Different Phenotypes to the Treatable Traits. *PLoS One* 2019 Jan](#)
5 [24;14\(1\):e0210915.doi: 10.1371/journal.pone.0210915. eCollection 2019.](#)
6
7

8
9
10 [1921.](#) O'Byrne P, Fabbri LM, Pavord ID, et al. Asthma progression and mortality: the role of
11 inhaled corticosteroids. *Eur Respir J* 2019; 54: 10.1183/13993003.00491-2019. Print 2019 Jul.
12
13

14
15 [2022.](#) Young RP, Hopkins RJ, Christmas T, et al. COPD prevalence is increased in lung cancer,
16 independent of age, sex and smoking history. *Eur Respir J* 2009; 34: 380-386.
17
18

19
20 [231.](#) Sandelin M, Mindus S, Thuresson M, et al. Factors associated with lung cancer in COPD
21 patients. *Int J Chron Obstruct Pulmon Dis* 2018; 13: 1833-1839.
22
23

24
25 [242.](#) Pinto LM, Alghamdi M, Benedetti A, et al. Derivation and validation of clinical
26 phenotypes for COPD: a systematic review. *Respir Res* 2015; 16: 50-015-0208-4.
27
28

29
30 [253.](#) Smith MC, Wrobel JP. Epidemiology and clinical impact of major comorbidities in patients
31 with COPD. *Int J Chron Obstruct Pulmon Dis* 2014; 9: 871-888.
32
33

34
35 [264.](#) Spelta F, Fratta Pasini AM, et al. Body weight and mortality in COPD: focus on the obesity
36 paradox. *Eat Weight Disord* 2018; 23: 15-22.
37
38

39
40 [275.](#) Yamauchi Y, Hasegawa W, Yasunaga H, et al. Paradoxical association between body mass
41 index and in-hospital mortality in elderly patients with chronic obstructive pulmonary disease in
42 Japan. *Int J Chron Obstruct Pulmon Dis* 2014; 9: 1337-1346.
43
44

45
46 [286.](#) Stoll P, Foerster S, Virchow JC, et al. Overweight is a predictor of long-term survival in
47 hospitalised patients with exacerbations of COPD. *Respir Med* 2016; 116: 59-62.
48
49

50
51 [297.](#) Raad S, Smith C, Allen K. Nutrition Status and Chronic Obstructive Pulmonary Disease:
52 Can We Move Beyond the Body Mass Index? *Nutr Clin Pract* 2019; 34: 330-339.
53
54
55
56
57
58
59
60

1
2
3
4
5 [3028](#). Haahtela T, Tuomisto LE, Pietinalho A, et al. A 10-year asthma programme in Finland:
6 major change for the better. *Thorax* 2006; 61: 663-670.
7
8
9

10 [3129](#). Kauppi P, Linna M, Martikainen J, et al. Follow-up of the Finnish Asthma Programme
11 2000-2010: reduction of hospital burden needs risk group rethinking. *Thorax* 2013; 68: 292-293.
12
13

14
15
16
17 [32](#). Kinnula V, Vasankari T, Kontula E, et al. The 10-year COPD Programme in Finland: effects
18 [on quality of diagnosis, smoking, prevalence, hospital admissions and mortality](#). *Primary Care*
19 [Respiratory Journal](#) 2011; 20: 178-183.
20
21
22

23
24 -
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60

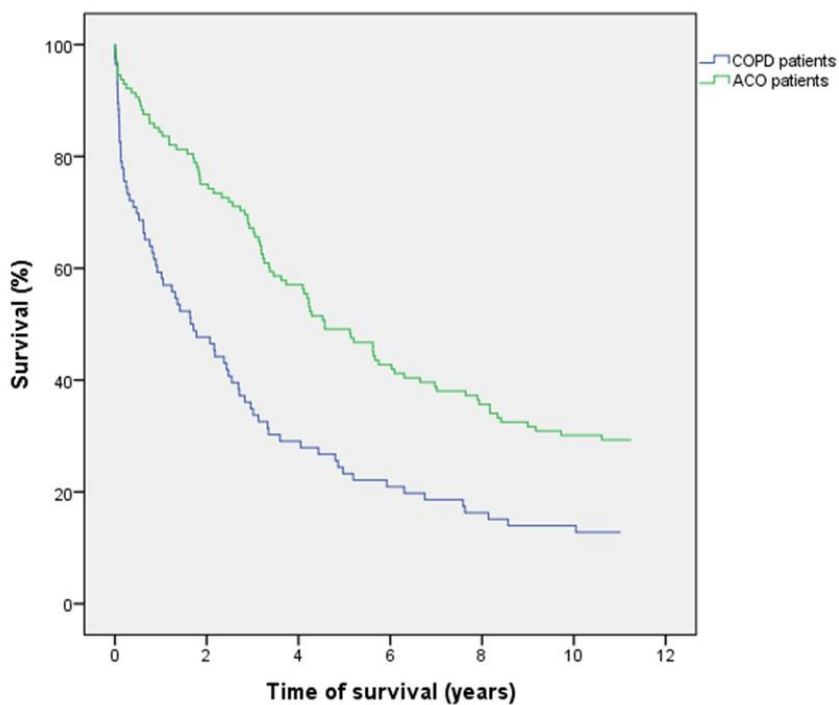


Figure 1. The survival of ACO patients was significantly better with median survival time of 4,7 years, compared to COPD patients (1.7 years). ($p < 0.001$)

254x190mm (96 x 96 DPI)

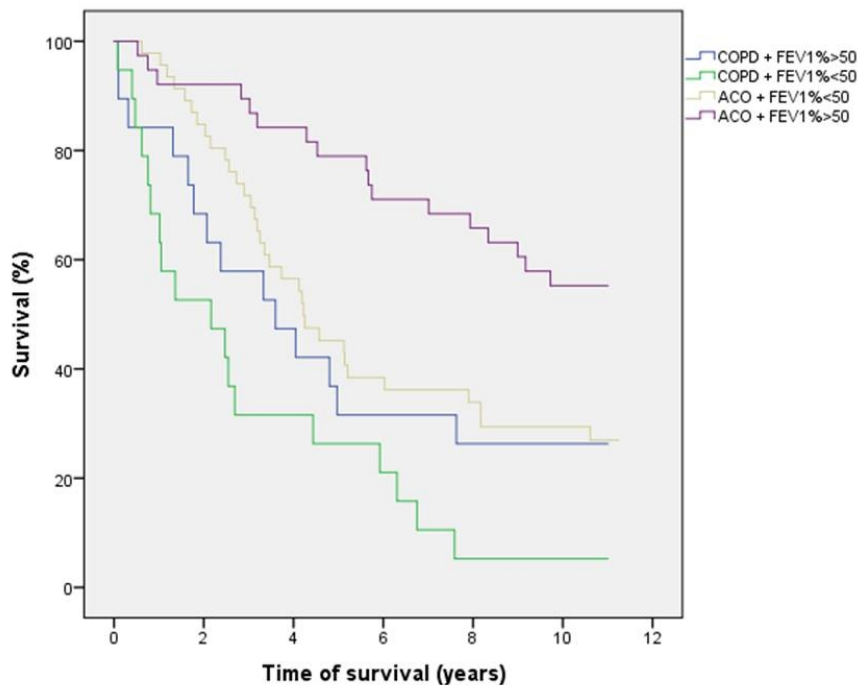


Figure 2. Survival time for each group determined by the FEV1 % of predicted and phenotype (COPD or ACO). Median time of survival was 8.4 years for the patients with ACO and FEV1 > 50 % predicted, 5.8 years for the patients with ACO + FEV1 < 50 % of predicted, 4.9 for COPD + FEV1 > 50 % of predicted and 3.1 for COPD + FEV1 < 50 % of predicted. The impact of FEV1 % of predicted at the beginning of the follow-up had a significant impact only between the ACO patients ($P < 0.01$).

254x190mm (96 x 96 DPI)

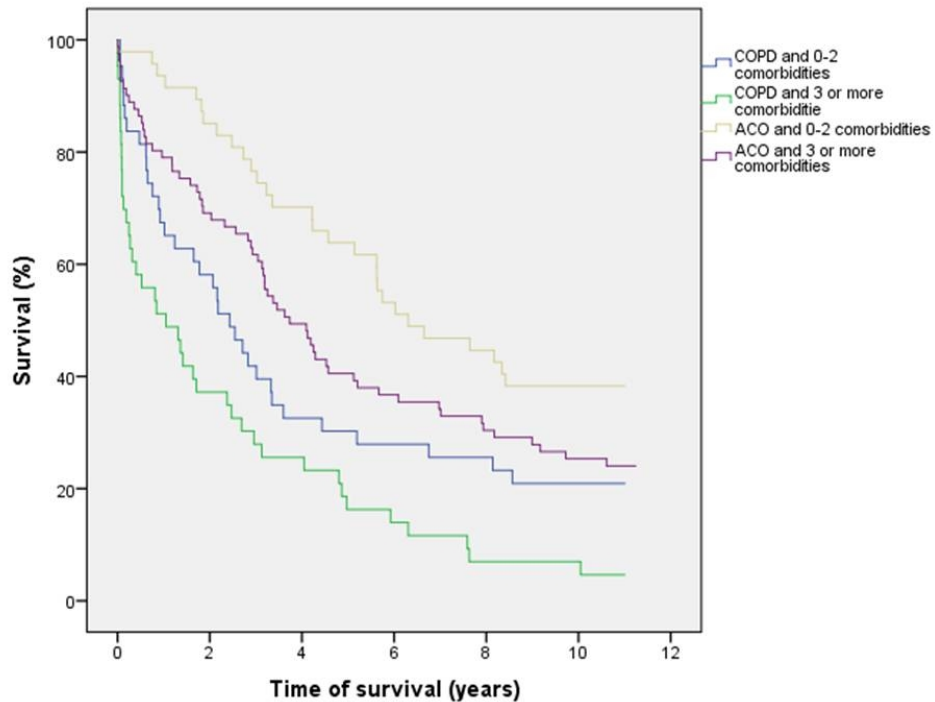


Figure 3. In the group of ACO patients with 0-2 comorbidities median survival was 6.0 years (N= 48), in the group of ACO patients with 3 or more comorbidities the median was 3.7 (N=81), in COPD patients with 0-2 comorbidities the median survival was 2.4 years (N=42) and in COPD patients with 3 or more comorbidities the median survival was 1.1 years (N=43). The impact of the number of comorbidities was significant in both groups ($p < 0.05$ between ACO patients, $p < 0.05$ between COPD patients).

254x190mm (96 x 96 DPI)

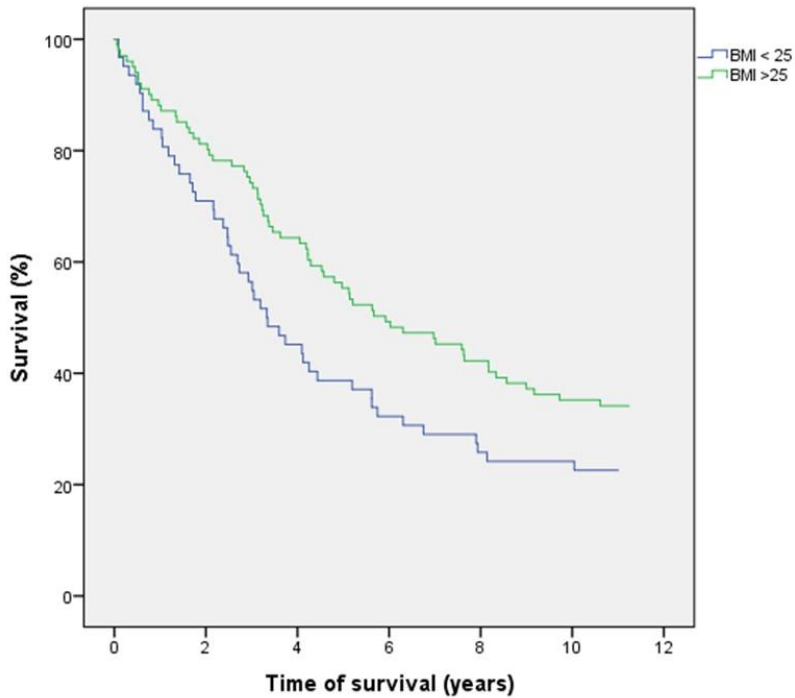


Figure 4. Median survival rate for BMI < 25 group was 3.3 years, For BMI>25 group median survival rate was 5.7, respectively. (p = 0.055)

254x190mm (96 x 96 DPI)