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Chronic respiratory symptoms but normal lung function: substantial disease burden but little evidence to inform practice

Milo A. Puhan 

Affiliation: Dept of Epidemiology, Epidemiology, Biostatistics and Prevention Institute, University of Zurich, Zurich, Switzerland.

Correspondence: Milo A. Puhan, Dept of Epidemiology, Epidemiology, Biostatistics and Prevention Institute, University of Zurich, Switzerland, Hirschengraben 84, 8001 Zurich, Switzerland. E-mail: miloalan.puhan@uzh.ch



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The disease burden from chronic respiratory symptoms in individuals without airflow obstruction is substantial but evidence to inform practice is largely lacking <http://bit.ly/2yFeVHN>

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The treatment of symptomatic patients with chronic airway obstruction (defined by a forced expiratory volume in 1 s to forced vital capacity ratio of <0.7) is widely established. It includes drug and non-drug treatments to slow down disease progression, reduce symptoms and reduce the risk of exacerbations [1–5]. Individuals with chronic airway obstruction but no respiratory symptoms are commonly advised to take preventive measures (e.g. smoking cessation) to slow down the decline of lung function [6]. But there is a third group of individuals that is much more difficult to deal with: individuals who have chronic respiratory symptoms but normal lung function.