

4th International Conference on

CHRONIC OBSTRUCTIVE PULMONARY DISEASE

May 29-31, 2017 Osaka, Japan

Epidemiology of Chronic Obstructive Pulmonary Disease (COPD) in LesothoKeneuoe H Thinyane¹ and Varsay J L Cooper²¹National University of Lesotho, Lesotho²MOVALI Clinic, Lesotho

Statement of the Problem: There is limited information on the burden of chronic respiratory diseases including COPD in resource-limited settings, particularly in Sub-Saharan Africa. The purpose of this study was to perform an analysis of the epidemiology of COPD in Lesotho.

Methodology: We performed a secondary analysis of existing data from studies conducted in primary healthcare centers and hospitals in Lesotho between 2006 and 2016. Incidence and mortality data were obtained from the Lesotho Ministry of Health and WHO data sets.

Findings: Chronic respiratory diseases account for 3-5% of outpatient consultations at public health facilities each year. COPD occurs more frequently in adults aged over 50 years; and more than two thirds of all patients with physician-diagnosed COPD are male. The most common risk factors for COPD are occupational exposure to dusts and chemicals (current or ex-miners), previous tuberculosis and other lung infections and tobacco smoking. COPD ranks among the top 10 leading causes of death in Lesotho with an estimated annual mortality rate of 32.6 per 100,000 people. The epidemiology of COPD in Lesotho is comparable to that in neighboring southern African countries with similar socioeconomic and health characteristics, namely, a significant proportion of the male labor force being employed in the mining sector, a relatively low prevalence of smoking, high TB incidence rates and high HIV prevalence.

Conclusion & Significance: COPD causes significant morbidity and mortality among adults in Lesotho. Strategies to reduce the burden of COPD should focus on curtailing occupational exposure and TB prevention.

kthinyane@gmail.com