

Biologics

Hope for Fewer Flare-Ups

Biologic therapy has helped many patients breathe easier.¹

Biologic treatment can help reduce serious flare-ups by

↑ **30%**

for some people with COPD.¹

Up to 40% of people with COPD may have the specific type of inflammation that these treatments help.²



What is a biologic?

A biologic is a medicine made from a living source, like cells or proteins. They work by blocking certain signals in your immune system that cause inflammation linked to flare-ups. They do not replace inhalers or other COPD medications, but work with them to make breathing easier.

How is a biologic given?

Biologics for COPD are given as a shot once or twice a month. They are not rescue medications and do not treat sudden breathing attacks. They are used long-term to help lower the number of flare-ups over time. The first dose is usually given in the doctor's office. If you handle the medicine well, future doses may be able to be given at home.

Who can take them?

Not everyone with COPD needs a biologic. Talk to your doctor if you:

- Still have symptoms or get flare-ups often, even when you use your COPD medicines and inhalers as directed.
- Have been told you have high eosinophils (a kind of white blood cell) or "type 2 inflammation."
- Are already on triple therapy for COPD.

Are there side effects?

The most common side effect is redness or soreness where the shot is given. Serious side effects are not common, but are possible. Talk to your provider if you have questions or concerns.

How can I get a biologics?

The first step is to talk to your lung doctor. They will:

- Review your flare-up history, breathing tests, and medical history
- Make sure that you are using your inhalers correctly
- Order a blood test if needed to check your eosinophil levels

If you qualify, your doctor will send a prescription to a specialty pharmacy that works with your insurance. They will handle the paperwork and deliver the medication to you if approved.

**Living with COPD can be challenging, but there is hope.
If you think biologics may be right for you, talk to your doctor.**

References:

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2. Ortega H, Llanos JP, Lafeuille MH, et al. Burden of disease associated with a COPD eosinophilic phenotype. *Int J Chron Obstruct Pulmon Dis.* 2018;13:2425-2433. Published 2018 Aug 13. doi:10.2147/COPD.S170995
3. Mkorombindo T, Balkissoon R. Journal Club: Biologics and Potential for Immune Modulation in Chronic Obstructive Lung Disease. *Chronic Obstr Pulm Dis.* 2022;9(2):285-297. doi:10.15326/jcopdf.2022.0318