



## **FOR RELEASE**

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ATS Office 212-315-8620 (until May 16)

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### **COPD EXACERBATIONS MAY DECREASE WITH WEB-BASED INTERVENTION**

ATS 2019, Dallas, TX – [COPD](#) patients who were given a pedometer and participated in a web-based intervention that helped them set physical activity goals, provided feedback and disease self-management education, and offered a community forum were less likely to experience an acute [exacerbation](#) of their lung disease than those patients who received only the pedometer, according to a randomized, controlled trial presented at ATS 2019. Interestingly, among those assigned to the intervention, the reduction in exacerbations over a year of follow-up occurred despite the fact that their level of physical activity at 6 and 12 months was no higher than the pedometer-only patients.

### **[VIEW ABSTRACT](#)**

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