

This research is being carried out by King's College London, Division of Health and Social Care Research



We need your help with our research.

Most people with mild or moderate COPD do not benefit from using inhaled steroids. They may cause side effects. A small group of people with mild or moderate COPD may benefit from inhaled steroids. With this study we hope to find out who these people are and who should not use the inhaled steroids.

What's involved for me?

We would like to meet with you at your doctor's surgery. We will give you a questionnaire to complete. We will also take a breathing test and a blood test from you. We will then ask you either to continue using your normal inhalers or to stop using your inhaled steroid and to use a different inhaler. We will ask you to come back to see us 3 and 6 months later. We will repeat the tests at these appointments. We expect each appointment to take about an hour. If we ask you to continue using your inhaled steroid then we will ask you to stop using it at the 6-month appointment. We will then ask you to come back twice more after that.

Is this safe to do?

We know that people with mild or moderate COPD can safely stop inhaled steroids. We do not think that your symptoms will change once you stop using the inhaled steroid. If you have any concerns throughout the study then you would be able to contact the study team directly or speak with your GP.

If you can help with this research please get in touch with the research team **as soon as you can** by returning the reply slip enclosed with this information sheet or you can give us a ring or contact us by e-mail:

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