Monaldi Archives for Chest Disease

Monaldi Archives for Chest Disease 2026; 96:3226
doi: 10.4081/monaldi.2025.3226

Comments on "Hematological and clinical profiling of chronic obstructive pulmonary disease: a comprehensive study"

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Key words: hematological, parameter, COPD.

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Dear Editor,

This is a response to the article "Hematological and clinical profiling of chronic obstructive pulmonary disease: a comprehensive study" [1]. This observational cross-sectional study of chronic obstructive pulmonary disease (COPD) patients sheds light on the association between hematological profiles and clinical parameters; however, some elements and techniques warrant additional consideration. Furthermore, we can determine whether all tests were conducted in the same laboratory. It would be useful to clarify if there were any standardization protocols across laboratories or if there were variations that might have affected the results.

Furthermore, the cross-sectional design provides a picture in time, but it does not allow for causal inferences. A longitudinal study design, with regular follow-up, might provide additional insights into whether COPD progression is associated with changes in hematological abnormalities over time, establishing a clearer cause-and-effect relationship.

To spark a larger conversation, the study should explore the clinical applications of its findings more deeply. They consider how these findings can influence management methods for COPD patients with varying hematological characteristics. For instance, how can these results inform personalized treatment strategies for patients with anemia or altered red blood cell counts? Furthermore, what practical measures could be implemented to address these hematological factors, such as targeted treatments or monitoring protocols? Exploring these concerns could contribute to a more informed debate of the study's practical applications.

Looking into the future, this paper lays the groundwork for various future research avenues. Investigating the processes underlying the reported variations in lung function and blood gas analysis between individuals with high red blood cells and those with anemia may provide further information about the physiology of COPD. Furthermore, broadening the study's scope to encompass a larger population, such as younger patients and those with varied socioeconomic statuses, including those with alternative forms of COPD and additional comorbidities, may be beneficial. This broader cohort would enable researchers to investigate the effects of potential remedies, such as treatments for anemia, adjustments in red blood cell management, and how these factors influence outcomes in diverse COPD subtypes. This could aid in the investigation of the function of potential remedies, such as targeted medications against anemia and extra red blood cells, as well as improving our understanding of COPD's impact on various populations. Finally, it may be important to assess the impact of lifestyle factors like nutrition and exercise. A longitudinal study that includes clinical outcomes in COPD patients with diverse hematological characteristics, comorbidities, and lifestyle factors would allow for a more holistic approach to managing these individuals.

References

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Received: 16 October 2024; Accepted: 2 January 2025; Early view: 26 February 2025.

Contributions: Hinpetch Daungsupawong: ideas, writing, analyzing, approval; Viroj Wiwanitkit: ideas, supervision, approval.

Conflict of interest: the authors declare no conflict of interest.

Acknowledgments: the authors declare that they used AI technology for language editing and translation.