

## Does Menthol Inhalation Alleviate Exertional Dyspnea in COPD?

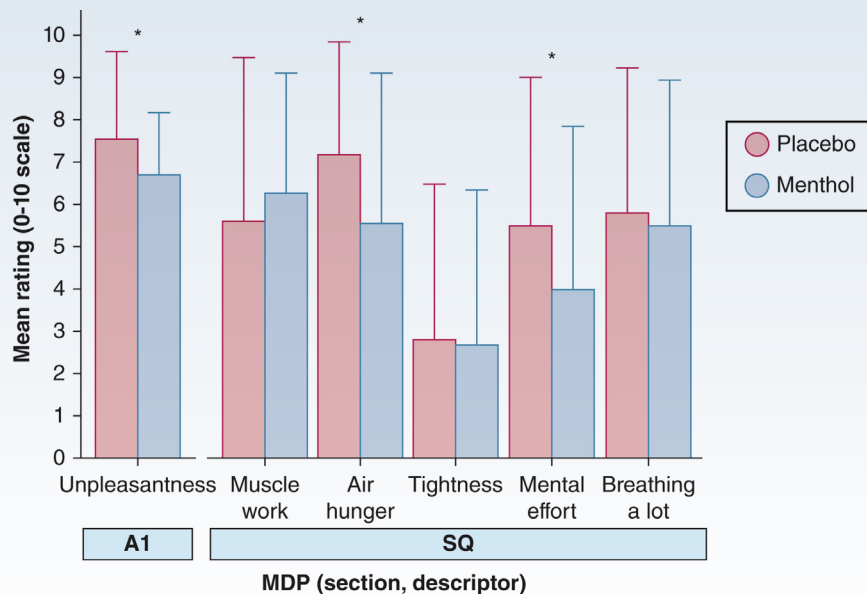
### STUDY DESIGN

- Randomized, single-anonymized, placebo-controlled crossover trial of 20 patients with COPD



- Menthol vs placebo delivered via sealed face mask during cardiopulmonary exercise tests

### RESULTS



- Serial dyspnea intensity ratings were **lower with menthol** vs placebo
- Dyspnea unpleasantness, air hunger, and mental breathing effort were **lower with menthol** vs placebo
- No difference in ventilatory or neuromuscular parameters

In this study, menthol inhalation reduced dyspnea in people with COPD compared with placebo during exercise.