

Could it be COPD?

Do you know what COPD is? This chronic lung disease is a major cause of illness, yet many people have it and don't know it.

If you answer these questions, it will help you find out if you could have COPD.

1. Do you cough several times most days? Yes ____ No ____
2. Do you bring up phlegm or mucus most days? Yes ____ No ____
3. Do you get out of breath more easily than others your age? Yes ____ No ____
4. Are you older than 40 years? Yes ____ No ____
5. Are you a current smoker or an ex-smoker? Yes ____ No ____

If you answered yes to three or more of these questions, ask your doctor if you might have COPD and should have a simple breathing test. If COPD is found early, there are steps you can take to prevent further lung damage and make you feel better!

Take time to think about your lungs.....learn about COPD!