

Feeling short of breath?

If you answer YES to 3 or more of these questions, you may have COPD.

- Do you cough several times most days?
- Do you bring up phlegm or mucous most days?
- Do you get out of breath more easily than others your age?
- Are you over 40 years old?
- Are you a smoker or ex-smoker?

COPD is Chronic Obstructive Pulmonary Disease, a condition that affects about 1 in 10 Australians over 40 years old and often causes breathlessness. Chronic bronchitis and emphysema are types of COPD.

Reassuringly, there is something you can do about COPD, so for more information, please speak to your doctor.



In the interests of better health from the Australian Lung Foundation.
For more information about COPD call LungNet toll free on 1800 654 301
or visit www.lungnet.com.au