



Are You at Risk?

If you answer yes to four or more of the following questions you should visit your doctor and ask to be tested for COPD.

1. Do you cough several times every day, several days of the week?
2. Have you been coughing like this for more than three months?
3. Do you cough up mucus (phlegm) most days?
4. Do you feel breathless from physical work or moderate exercise?
5. Are you a current or former smoker?
6. Do you work, or have you ever worked, in an environment where there is exposure to pollution, fumes, dust or smoke?
7. Is there a history of lung conditions in your family?
8. Are you over the age of 35?

If you feel you have COPD, you should talk to your family doctor and Save Your Breath!

