



UNIVERSITY of LIMERICK
OLLSCOIL LUIMNIGH

Ospidéal OL
UL Hospitals
Working together, caring for you

HSE Building a Better Health Service
CARE COMPASSION TRUST LEARNING

FREE BREATHING TEST

Do you cough a lot?

Are you age 40 or older?

Do you get out of breath easily?

Are you a current or ex-smoker?

Test your lungs for COPD

When?

Thursday the **17th** of **November**
10am – 2pm

Where?

Health Hub shares a space with FabLab on **Rutland Street**
(across from the Hunt Museum)

Chronic Obstructive Pulmonary Disease (COPD) is a disease that makes it hard to empty air out of your lungs. This is because the airways get smaller leading to airflow obstruction. This can result in shortness of breath or tiredness because you are working harder to breathe.

The earlier COPD is diagnosed and treated the greater the chance of preventing it developing into severe COPD!

COPD is diagnosed with a simple and painless breathing test called Spirometry. HSE Clinical Nurse Specialists will carry out this test at the **Health Hub**. We will also have an Occupational Therapist, Physiotherapist and students from the **University of Limerick** on hand to discuss managing energy levels.

At **12pm** there is a talk by a Physiotherapist and Occupational Therapist for people who have **respiratory issues**.

For more information, please contact michelle.odonoghue@ul.ie

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