



## Are you a smoker or former smoker?

### COPD

Chronic Obstructive Pulmonary Disease

#### Are you at risk?

- YES  NO Are you a smoker or former smoker 40 years or older?
- YES  NO Do you have a cough with mucous?
- YES  NO Do you often get chest infections?
- YES  NO Do you get short of breath when climbing stairs or doing simple activity?

▼  
IF THE ANSWER IS **YES** TO ANY OF THESE QUESTIONS, SEE YOUR DOCTOR OR CONTACT A COPD NURSE EDUCATOR.

  
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## What is COPD?

COPD is a serious lung disease that over time makes it hard to breathe. It may also be called emphysema or chronic bronchitis.

All smokers and former smokers over the age of 40 should have a lung function test, ask your doctor or COPD nurse to arrange this.

- Smoking is the most common cause of COPD.
- Most people with COPD are not diagnosed until the disease is well advanced.
- The sooner COPD is diagnosed the better the outcome.

If you are diagnosed with COPD there are many things you can do to make living with COPD easier.

- STOP SMOKING, if you smoke ask your health care professional about options for quitting.
- Learn how to stay active and free from infections, ask your doctor about annual flu and pneumonia shots.
- Learn how to manage your symptoms and fine tune your treatment.
- Learn how to recognize an acute episode and reduce the risk of a hospital admission.
- See your doctor every year and ask for a Personal Action Plan.

#### Learn More – Breathe Better

##### Contact:

KEMH Asthma and COPD Education Centre  
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