

## How is COPD diagnosed?

**COPD** is diagnosed by a simple breathing test called spirometry.

This test measures **how much** air you can blow out and **how fast** you can blow it out.



If you are 40 years of age or older, and smoke or used to smoke, you may be at risk for developing COPD.

### The Canadian Lung Health Test

**Do** you cough regularly?

**Do** you cough up phlegm regularly?

**Do** even simple chores make you short of breath?

**Do** you wheeze when you exert yourself, or at night?

**Do** you get frequent colds that last longer than others?

If you answered **yes** to one or more of these questions, you may have **COPD**. Ask your doctor about a breathing test called spirometry.

THE  LUNG ASSOCIATION™  
Saskatchewan

[www.sk.lung.ca](http://www.sk.lung.ca)

1-888-566-LUNG (5864)

4/11

THE  LUNG ASSOCIATION™  
Saskatchewan

# COPD

The new name for chronic bronchitis and emphysema

## Are you at risk?



[www.sk.lung.ca](http://www.sk.lung.ca)

## What is COPD?

**COPD** stands for chronic obstructive pulmonary disease. **COPD** includes both chronic bronchitis and emphysema.

## What does COPD do to the lungs?

**COPD** slowly damages your airways, the tubes that carry air in and out of your lungs. It also damages the tiny air sacs in the lungs that move oxygen into the bloodstream.

This damage makes it hard to get air in and out of the lungs.



## What are the symptoms of COPD?

The main symptoms of **COPD** are:

- shortness of breath
- limited physical activity

Other symptoms include:

- long lasting cough
- coughing up mucus
- wheeze
- chest infections that last a long time
- feeling tired
- losing weight without trying

### Remember:

Being short of breath is not a normal part of getting older. Coughing every day is also not normal.

## How is COPD treated?

**COPD** cannot be cured, but there are good treatments.

Medications that are breathed in from an inhaler are the main treatment. These help to open the airways and relieve shortness of breath. Some inhalers also prevent flare-ups or lung attacks.

Participating in a Pulmonary Rehabilitation program is an excellent way to stay strong and learn more about living with **COPD**.

## What else can I do?

- If you smoke, please plan to quit
- Exercise regularly
- Eat a healthy diet
- Get the annual flu shot