

If you are:

- 40 years of age or older; and
- smoke or used to smoke

You may be at risk for developing **COPD**
(Chronic Obstructive Pulmonary Disease)

Take the Canadian Lung Health Test

If you are 40 years of age or older and smoke or used to smoke you may be at risk for developing COPD.
Take the CANADIAN LUNG HEALTH TEST:

	No	Yes
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 spirometry, a test for lung disease.

Call the BreathWorks COPD Helpline toll-free 1-866-717-2673 to speak to a Certified Respiratory Educator for education and support or visit www.lung.ca/breathworks

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