



Would this knock the wind out of you?

Do you:¹

- Cough several times most days?
- Bring up phlegm or mucus most days?
- Get out of breath more easily than others your age?
- Are you over 45 years old?
- Are you a smoker or ex-smoker?

It isn't normal to be short of breath. If you answered yes to 3 or more of the above questions, speak with your doctor about a lung function test.

COPD or Chronic Obstructive Pulmonary Disease is a long term disease of the lungs that includes emphysema and chronic bronchitis. It affects up to 1 in 6 Australians aged 45 or over and often causes breathlessness.²



A national, not-for-profit organisation that leads the promotion of lung health in Australia.

www.lungnet.com.au | 1800 654 301

1. Global Initiative for Chronic Obstructive Lung Disease. *Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease: Executive Summary* 2005. Found at: <http://goldcopd.com>
2. Abramson MJ. Respiratory symptoms and lung function in older people with asthma or chronic obstructive pulmonary disease. *MJA* 2005;183(1):S23-S25