

## Chest video transcript

### **Text:**

Chest information and support

Chest Heart & Stroke Scotland

Advice Line Nurses

0808 801 0899 Free from landlines and mobiles

### **Laura:**

Hello my name is Laura and I am the Lead Advice Line nurse at Chest Heart & Stroke Scotland.

On this page you will find information about all aspects of living with a chest condition such as COPD or bronchiectasis.

You can read about:

- your condition
- tests and treatment
- keeping well and staying active
- managing breathlessness
- coping with worries and low mood
- money and travel issues
- practical and emotional support for you and your family
- and caring for someone with a chest condition

If you have any questions, my team and I are here to help you. So give us a call and "Ask the Nurse".



**Chest Heart & Stroke Scotland**

[www.chss.org.uk](http://www.chss.org.uk)

**Logo:**

Chest Heart & Stroke Scotland.

We are Scotland's Health charity.

chss.org.uk.

Research - Advice - Support - Action