

COPD

Chest
Heart &
Stroke
Scotland



Chronic Obstructive Pulmonary Disease

Could this be you?

COUGH


Do you cough often, and on most days?

PHLEGM

Do you cough up phlegm or mucus
on most days?

BREATHLESS

Do you get more out of breath than
others your age?



35

Are you more than 35 years old?

SMOKER

Do you smoke, or are you an ex-smoker?

Did you answer
yes to three or
more of these:

- Cough?
- Phlegm?
- Breathless?
- Over 35?
- (ex) Smoker?

Ask your doctor if you could have COPD