

# 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