

COPD

Chronic Obstructive Pulmonary Disease

Get a diagnosis & get the right treatment **NOW**



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



Do you cough often, and on most days?



Do you cough up phlegm, or mucus on most days?



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



Are you more than 35 years old?

Did you answer YES to 3 or more?

Ask your doctor if you could have COPD

Chest Heart & Stroke Scotland

Widgit Symbols from Widgit-health.com

COPD

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right treatment NOW**

Getting the right treatment early can slow down the effects of COPD and keep you healthier for longer.

By speaking to your GP early, treatment can be started sooner.

www.chss.org.uk

Chest
Heart &
Stroke
Scotland



For further information:

Advice Line Nurses **0808 801 0899**
FREE from landlines and mobiles

Scottish Charity No. SC018761