

Are you easily short of breath?

Take the Canadian Lung Health Test

If you are older than **40 years of age** and are a **current or ex-smoker**, you may be at risk for Chronic Obstructive Pulmonary Disease (COPD). Take the Canadian Lung Health Test to see if you have signs and symptoms of COPD.

The Canadian Lung Health Test

		Yes	No
1	Do you cough regularly?	<input type="radio"/>	<input type="radio"/>
2	Do you cough up phlegm regularly?	<input type="radio"/>	<input type="radio"/>
3	Do even simple chores make you short of breath?	<input type="radio"/>	<input type="radio"/>
4	Do you wheeze when you exert yourself, or at night?	<input type="radio"/>	<input type="radio"/>
5	Do you get frequent colds that persist longer than those of other people you know?	<input type="radio"/>	<input type="radio"/>

If you answered yes to any one of the above questions, talk to your doctor about undertaking a **simple breathing test called spirometry**.

COPD symptoms are treatable. Talk to your doctor.