

# Could You Have COPD?

**Chronic Obstructive Pulmonary Disease (or COPD) is the name for a series of conditions that include chronic asthma, chronic bronchitis and emphysema**

**Many people will have COPD but not know it. Getting a diagnosis is important so you can get the right care quickly.**

**Take a minute to answer the following 5 questions:**

**Are you aged 35 or over?**

**Are you a smoker or ex-smoker?**

**Do you get chest infections?**

**Do you get breathless?**

**Do you cough up phlegm?**

**If you can answer YES to more than 3 questions tell your GP or Practice Nurse**

**There is a lot that people with COPD can do to manage their symptoms.**



# Chest Heart & Stroke Scotland

Chest Heart & Stroke Scotland improves the quality of life of those affected by COPD in Scotland through:

**Providing free advice and information**

**Funding medical research**

**Providing support in the community**

**Influencing public policy**

**For more information on COPD:**

See our free publications 'Living with COPD' or '10 Frequently asked questions about COPD'

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

Ask one of our nurses on the free and confidential helpline.



**If you would like to speak to one of our nurses in confidence, please call the Chest Heart & Stroke Scotland Advice Line**

**0808 801 0899**

**FREE from landlines and mobiles**

The Advice Line is open from Monday to Friday 9.30am - 4pm.