

# Could It Be COPD?

## Test yourself!



**World  
COPD  
Day  
2011**

**November 16, 2011**

[www.goldcopd.org](http://www.goldcopd.org)



Do you know what COPD (chronic obstructive pulmonary disease)? This chronic lung disease is a major cause of illness, yet many people have it and don't know it.

If you answer these questions, it will help you find out if you could have COPD:

1. Do you cough several times most days?  
Yes  No
2. Do you bring up phlegm or mucus most days?  
Yes  No
3. Do you get out of breath more easily than others your age?  
Yes  No
4. Are you older than 40 years?  
Yes  No
5. Are you a current smoker or an ex-smoker?  
Yes  No

If you answered yes to three or more of these questions, ask your doctor if you might have COPD.

If COPD is found early, there are steps you can take to prevent further lung damage and make you feel better!

**Are you short of breath? You may have COPD. Ask your doctor about a simple breathing test called spirometry!**



World COPD Day 2011 is organized by the **Global Initiative for Chronic Obstructive Lung Disease** ([www.goldcopd.org](http://www.goldcopd.org)).