

Does this sound like you?

- Shortness of breath when resting or with activity
- Coughing up mucus
- Feeling tight in your chest or wheezing
- Feeling very tired
- Smoke or used to smoke

If this sounds like you, ask your doctor about COPD.

- **C**hronic **O**bstructive **P**ulmonary **D**isease (COPD) is a disease that damages the lungs.
- Smoking for many years is the most common cause of COPD.



Testing for COPD is quick and painless

A simple breathing test called spirometry can help find out if you have COPD. If you do, there are ways to manage it.

Don't let breathing problems keep you from enjoying the things you love. Ask about COPD today.