



LUNG SASK

If you are:

- 40 years of age or older; and
- smoke or used to smoke

You may be at risk for developing
Chronic Obstructive Pulmonary Disease (COPD)

Take the Canadian Lung Health Test

	No	Yes
Do you cough regularly?		
Do you cough up phlegm regularly?		
Do even simple chores make you short of breath?		
Do you wheeze when you exert yourself, or at night?		
Do you get frequent colds that last longer than others?		

If you answered “YES” to one or more of these questions **ask your doctor** about spirometry, a test for COPD.

If you have COPD call the **Lung Helpline** to speak to a Certified Respiratory Educator.

**Call toll-free
1-833-385-LUNG (5864)**

Educators are available to answer your questions between 8:30-4:30 (CST) Monday to Friday, or email us your question at info@lungsask.ca.

