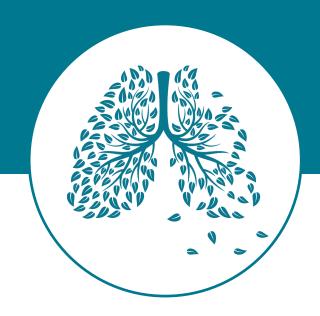


What is COPD?



Chronic Obstructive Pulmonary Disease

COPD (Chronic Obstructive Pulmonary Disease) is an umbrella term for emphysema, chronic bronchitis, and chronic asthma.

An estimated 15% of the adult population of New Zealand has COPD (around 200,000), however many cases go undiagnosed.

Do you have COPD?

| Do you suffer from shortness of breath, especially during physical activities? |
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| Do you often have a wheeze when breathing? |
| Does your chest frequently feel tight or constricted? |
| Are you having to clear your throat first thing in the morning, due to excess mucus in your lungs? |
| Do you have a chronic cough that brings up mucus (phlegm) that may be clear, white, yellow or greenish? |
| Do you sometimes notice blueness of your lips or fingernail beds? |
| Do you frequently have respiratory infections that require antibiotics? |
| Do you have a sustained lack of energy or ongoing fatigue? |
| Have you recently lost a lot of weight without actively trying to? |
| Do you often have swelling in your ankles, feet or legs? |

If you have answered yes to three or more of the above questions, speak to your doctor as you may have COPD