



# SAVE YOUR BREATH-CHECK

## DO YOU:

- Ever feel wheezy or tight in the chest? Y / N
- Get easily winded with regular activities? Y / N
- Notice a new, ongoing or worsening cough? Y / N
- Produce phlegm, mucus or blood when you cough? Y / N
- Get chest infections often? Y / N
- Experience chest pain, extreme tiredness or sudden weight loss? Y / N

**If you answered yes to any of the questions above, your lungs could be at risk... especially if you:**

- Smoke, used to smoke or were exposed to other people's smoke? Y / N
- Work, or used to work where there was dust, gas or fumes? Y / N

*Speak with your doctor about your symptoms and take this checklist along to your appointment.*



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