

Feeling short of breath?

You may have COPD!

If you are over 40 and smoke or used to smoke, you could possibly have a lung condition called Chronic Obstructive Pulmonary Disease or **COPD**. Take this quick test to screen for symptoms of **COPD**:

- 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 (exercise, go up stairs)?
- Do you get many colds, and do your colds usually last longer than your friends' colds?

If you answered "Yes" to one or more of these questions, you may have symptoms of **COPD**.



If you get early treatment for COPD you can slow down the damage to your lungs, so please call us to assist you further.

About our **Free** COPD program:

- Individual assessments by a **Certified Respiratory Educator** include:
 - Breathing tests
 - How to use your inhaler devices correctly
 - Information on your respiratory medications
 - Smoking cessation counselling
- Group education and physical activity programs

For more information or to register, call the number below:

Please let us know if you need any specific accommodations



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