

Are You Easily Short of Breath?

Take the Canadian Lung Health Test

If you are older than 40 years of age and are a current or ex-smoker, you may be at risk for Chronic Obstructive Pulmonary Disease (COPD).

Take the [Canadian Lung Health Test](#) to see if you have the signs and symptoms of COPD.

	YES/NO
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 persist longer than those of other people you know?	

If you answered YES to any one of the above questions, you should consult with a healthcare provider. They may recommend further testing, such as spirometry, to assess your lung function more thoroughly and determine any necessary treatment options.