

# ARE YOU AT RISK

## For Chronic Obstructive Pulmonary Disease (COPD)?

**COPD affects more than 200 million people worldwide.**

### Are you:

- a. 40 years of age or older? AND
- b. Are you a current smoker or ex-smoker?

**If you answered yes to A and B, please read and answer the following questions.**

- c. Do you cough regularly?
- d. Do you cough up phlegm regularly?
- e. Do simple chores make you short of breath?
- f. Do you wheeze when you exert yourself, or at night?
- g. Do you get frequent colds that last longer than those around you?

**If you answered **YES** to A and B plus  
one or more questions C through G,  
**talk to your doctor** or healthcare provider about COPD.**



**Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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