

COPD

Recognise the symptoms

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease which causes shortness of breath and is the second leading cause of preventable hospitalisations in Australia.¹

Every exacerbation (flare-up of symptoms) does long-term damage.² In people hospitalised due to COPD, the risk of death may be greater than a heart attack.² Symptoms include:

Coughing more than usual

Harder to breathe than usual

Any change in sputum (phlegm) colour and/or volume

Tired more than usual (less active)

If you have these symptoms, **'Have the CHAT'** with your doctor so you can stay well and out of hospital.

¹ National Health Performance Authority 2015, Healthy Communities: Potentially preventable hospitalisations in 2013–14.

² Halpin D. Mortality in COPD: Inevitable or Preventable? Insights from the Cardiovascular Arena. COPD: Journal of Chronic Obstructive Pulmonary Disease 2008. 5:3, 187–200.

Have the CHAT

1800 654 301

Support and share the campaign online via
lungfoundation.com.au/have-the-chat