LUNG FOUNDATION
AUSTRALIA

*"When you can't breathe...
nothing else matters"*®

Chronic Obstructive Pulmonary Disease (COPD) is a lung disease which causes shortness of breath.

1 in 7 Australians over the age of 40 has COPD and many don't know it.

COPD is the second leading cause of preventable hospitalisations in Australia.[1]

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

Recognise your or your loved one's symptoms.

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.

Have the CHAT

1800 654 301
Support & share the campaign online via lungfoundation.com.au/have-the-chat

Have the
CHAT

How to stay well
and out of hospital.

It's vital to **Have the CHAT** with your doctor as soon as you experience any worsening of symptoms.

Here are some tips on making the most out of your doctor's appointment.

- Make appointments with the same doctor, except in an urgent situation and when your normal doctor is unavailable.

- List questions and concerns about your COPD in order of priority before your visit.

- Ask for a longer appointment or schedule a second visit if you have lots of questions or concerns.

- Don't avoid asking questions because you are embarrassed. Your doctor is there to help.

- Bring a friend or family member for support.

- Ask your doctor to write answers down so you can review them later.

- Find out from your doctor when you should make your next appointment and ask what to do if your symptoms worsen or if you're not getting better.

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For more information and support
contact Lung Foundation Australia via
www.lungfoundation.com.au/have-the-chat
or phone freecall **1800 654 301**.