

POOR LUNG HEALTH IMPACTS **1** IN **6** WEST AUSTRALIANS OVER 65

TAKE A MINUTE TO CHECK IN WITH YOURS?



CHECK IN WITH YOUR LUNGS!

Cough up mucus, phlegm or blood?

Yes / no

Have frequent chest infections?

Yes / no

Have a new persistent or changed cough?

Yes / no

Experience chest discomfort, fatigue or sudden weight loss?

Yes / no

Get breathless more easily than others your age?

Yes / no

Experience chest tightness or wheeze?

Yes / no

If you answered yes to any of these questions, your lung health could be at risk... particularly if you:

Smoke or have ever smoked?

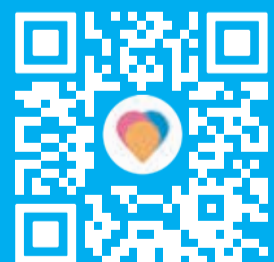
Yes / no

Work or worked in a job that exposed you to dust, gas or fumes.

Yes / no

Speak with your doctor about your symptoms and take this Lung Health Checklist along to your appointments.

SCAN for info



Respiratory Care WA delivers best practice education, advice and clinical support to ensure better outcomes for people facing respiratory health challenges.

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