

# Could You Be at Risk for COPD?

Fill out this checklist. Use it to help you talk to your doctor about your symptoms.

I get short of breath.

- Never
- During strenuous activity
- Walking up stairs or short distances
- While sitting or at rest

I have trouble breathing.

- Never
- Sometimes
- Most days
- Every day

I cough, even when I don't have a cold.

- Never
- Sometimes
- Most days
- Every day

I cough up mucus.

- Never
- Sometimes
- Most days
- Every day

I experience wheezing.

- Never
- Sometimes
- Most days
- Every day

I wake up at night because I have trouble breathing.

- Never
- Sometimes
- Most nights
- Every night

I am a smoker and:

- I do not plan to quit
- I plan to quit in about 6 months
- I will be ready to quit in about a month

I quit smoking.

- \_\_\_\_\_  
(days / months / years) ago

I feel sad or anxious about my breathing.

- Never
- Sometimes
- Most of the time
- Always

I have taken a medicine to help my breathing (prescription or over-the-counter).

- Less than 6 months
- 6 months or more
- Never

At your next doctor's visit, bring all the medicines that you take.



This material was developed by GlaxoSmithKline.