

Chronic Obstructive Pulmonary Disease



Smoking is the single proven and preventable risk factor for COPD.

What does an Annual Review involve?

- Inhaler technique
- Discussing your personal respiratory action plan
- Advice regarding smoking cessation
- Influenza and pneumococcal vaccinations



SYMPTOMS

1

Shortness of Breath

2

Persistent chesty cough with phlegm

3

Frequent Chest infections

When to see a Doctor

1 in 8

Hospital admissions are due to COPD

See a GP if you are getting a persistent cough, are over 35 and used to or are currently a smoker

Call 111 if any of your symptoms



For more information visit:

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>