



lunghealthchecklist.org.au

 **LUNG FOUNDATION**
AUSTRALIA
"When you can't breathe... nothing else matters"™

**Poor lung health
affects at least
1 in 10 Australians**

**Why not take a
minute to check
in with yours?**

Check in WITH YOUR LUNGS

Do you:

- Have a new, persistent or changed cough? **Y / N**
- Cough up mucus, phlegm or blood? **Y / N**
- Get breathless more easily than others your age? **Y / N**
- Experience chest tightness or wheeze? **Y / N**
- Have frequent chest infections? **Y / N**
- Experience chest pain, fatigue or sudden weight loss? **Y / N**

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

- Smoke or have ever smoked? **Y / N**
- Work or worked in a job that exposed you to dust, gas or fumes? **Y / N**

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

Check in WITH YOUR LUNGS

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For more information about lung disease or patient support, call Lung Foundation Australia on 1800 797 794 or email enquiries@lungfoundation.com.au. To view the online Lung Health Checklist visit www.lunghealthchecklist.org.au

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