



**COPD is a lung disease which is the second leading cause of preventable hospitalisations in Australia.**

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

Recognise your or your loved one's symptoms.

**C**oughing more than usual

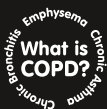
**H**arder to breathe than usual

**A**ny change in sputum (phlegm) colour and/or volume

**T**ired more than usual (less active)

If you have these, it's important to **'Have the CHAT'** with your **doctor** so you can stay well and out of hospital.

**More information and support is available at [lungfoundation.com.au/have-the-chat](http://lungfoundation.com.au/have-the-chat) or by calling 1800 654 301.**



## Tips on having the CHAT with your doctor about COPD

To look after your health and keep out of hospital it's vital to Have the CHAT with your doctor, as quickly as possible when 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.
- Mention to your doctor anything about your COPD that is troubling you. If you have any other concerns, make a separate appointment to discuss those.
- 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.
- It's important to visit your doctor regularly and as soon as possible, should your symptoms worsen. Find out how to contact your doctor if the symptoms worsen or if you're not getting better.

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