



Check in WITH YOUR LUNGS

Poor lung health
affects almost
1 in 3 Australians
Take a minute to
check in with yours.

Lungfoundation.com.au/checkin

1800 654 301



**Lung
Foundation
Australia**

when you can't breathe... nothing else matters®

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**

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

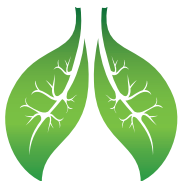
- Smoke or have ever smoked? **y / n**
- Work or worked in a job that exposed you to dust, gas or fumes? **y / n**

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

For more information about lung disease or patient support, call Lung Foundation Australia on 1800 654 301 or email enquiries@lungfoundation.com.au.

To view the online Lung Health Checklist visit

lungfoundation.com.au/checkin



**Lung
Foundation
Australia**

when you can't breathe... nothing else matters®