



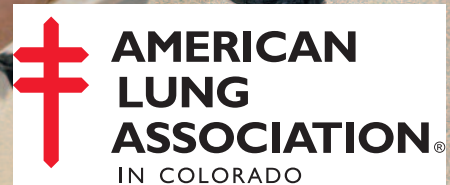
# KNOW YOUR LUNG HEALTH



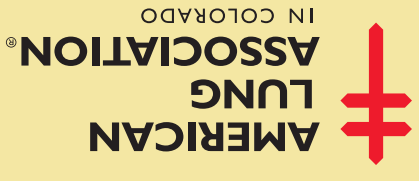
A patient educational service provided by Boehringer Ingelheim Pharmaceuticals, Inc.



# HELPING YOU BREATHE BETTER



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Available at: www.surgeongeneral.gov/library/smokingconsequences/ Accessed June 30, 2007.  
Reference: 1. U.S. Department of Health and Human Services. The health consequences of smoking: a report of the Surgeon General; 2004.



plan contact information  
TBD

**You don't have to go it alone! We are here to help you stop smoking free of charge. Call us for support, education, and answers to your questions about COPD or smoking cessation.**

- **20 minutes** after quitting smoking, your heart rate drops
  - **2 to 14 weeks** after quitting, your heart attack risk decreases
  - **1 to 9 months** after quitting, your cough and shortness of breath decrease
- Quitting smoking is the single most effective thing you can do to help prevent or slow the progression of COPD. The benefits of quitting smoking accumulate quickly!  
**If you quit smoking...Congratulations! If you smoke...Stop!**

## THE IMPORTANCE OF SMOKING CESSATION



*These numbers describe the amount of air you can breathe out of your lungs and how long it takes you to do it.*

FEV<sub>1</sub> \_\_\_\_\_  
FEV<sub>1</sub>/FVC \_\_\_\_\_

**Do you know your numbers? Ask your doctor.**

Talk to your healthcare practitioner about getting a pulmonary function test, also known as spirometry. Spirometry is a simple and painless test. It is used to diagnose, stage, and monitor lung conditions such as COPD. It can be used to identify changes in your lungs before you have symptoms. Many people have narrowing in their breathing tubes and do not even know it. If you have respiratory problems, your spirometry results are as important to your lung health as your blood pressure readings are to your heart health.

## IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS...

Do you smoke or have a history of smoking? YES  NO

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Did your healthcare practitioner tell you that you have asthma or chronic bronchitis/emphysema, also known as chronic obstructive pulmonary disease (COPD)? YES  NO

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Do you cough often? YES  NO

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Do you often bring up phlegm or mucus when you cough? YES  NO

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Do you get short of breath with activities such as climbing a flight of stairs? YES  NO

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Do you get colds frequently? YES  NO

## HOW HEALTHY ARE YOUR LUNGS?

Dear Member:

