

## WHY GET SCREENED?

As many as 24 million Americans may have chronic obstructive pulmonary disease (COPD), yet half remain undiagnosed. Over time, COPD makes it harder and harder to breathe. Most people with COPD are not diagnosed until they have already lost half of their lung function, and by then it is often a struggle to participate in everyday activities.

The good news is that COPD can be managed to help you live and breathe easier, so take the five-question screener today to see if you may be at risk. If you score a five or more, you are at increased risk for the disease, so be sure to talk with your healthcare professional. The earlier you do, the better off you may be.

Find out if you are at risk by answering the five questions in this brochure or at

**DRIVE4COPD.ORG/SCREENER**

## WHAT IS COPD?

COPD is a serious lung disease that makes it harder and harder to breathe because less air is able to flow in and out of your lungs.

**COPD includes chronic bronchitis, emphysema, or both.**

COPD is more common than you think, especially among current and former smokers – even those who haven't smoked in years. It kills one person every four minutes in the U.S.

## WHAT ARE THE SYMPTOMS?

COPD develops slowly and worsens over time. Many people wait to talk to a healthcare professional because its symptoms are often confused with normal signs of aging.

**Common symptoms include:**

- **Coughing, with or without mucus/phlegm**
- **Shortness of breath**
- **Wheezing**
- **Chest tightness**



# ARE YOU AT RISK FOR COPD?

**DRIVE4COPD** is a landmark public health movement embraced by leading health, business, entertainment and sports organizations that are aimed at driving fundamental change in COPD awareness in the United States.

Visit  
**DRIVE4COPD.ORG**  
to learn more about the campaign and to see how you can join the movement.



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# DRIVE4COPD

Take action **today**. Breathe better **tomorrow**.



I'm Danica Patrick\*.  
I **DRIVE4COPD**

We often race through life and ignore important signs related to our health. If you have a cough that won't go away or feel short of breath, you might have chronic obstructive pulmonary disease, or COPD.

COPD includes chronic bronchitis and emphysema. Some people have both. My grandma had emphysema and I remember how she struggled to catch her breath and get around. I wish she had taken action sooner so she would have been able to breathe better.

That's why I am asking you to learn about COPD and **take this five-question screener** to see if you are at risk and talk to your doctor. You might be one of the millions of people who may be at risk for COPD and don't know it. Take action today to breathe better tomorrow.

## COPD Population Screener™

This survey asks questions about you, your breathing and what you are able to do. To complete the survey, mark an X in the box that best describes your answer for each question below.

### 1. During the past 4 weeks, how much of the time did you feel short of breath?

None of the time <input type="checkbox"/> (0)	A little of the time <input type="checkbox"/> (0)	Some of the time <input type="checkbox"/> (1)	Most of the time <input type="checkbox"/> (2)	All of the time <input type="checkbox"/> (2)
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### 2. Do you ever cough up any “stuff,” such as mucus or phlegm?

No, never <input type="checkbox"/> (0)	Only with occasional colds or chest infections <input type="checkbox"/> (0)	Yes, a few days a month <input type="checkbox"/> (1)	Yes, most days a week <input type="checkbox"/> (1)	Yes, every day <input type="checkbox"/> (2)
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### 3. Please select the answer that best describes you in the past 12 months. I do less than I used to because of my breathing problems.

Strongly disagree <input type="checkbox"/> (0)	Disagree <input type="checkbox"/> (0)	Unsure <input type="checkbox"/> (0)	Agree <input type="checkbox"/> (1)	Strongly agree <input type="checkbox"/> (2)
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### 4. Have you smoked at least 100 cigarettes in your ENTIRE LIFE?

No <input type="checkbox"/> (0)	Yes <input type="checkbox"/> (2)	Don't know <input type="checkbox"/> (0)
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### 5. How old are you?

Age 35 to 49 <input type="checkbox"/> (0)	Age 50 to 59 <input type="checkbox"/> (1)	Age 60 to 69 <input type="checkbox"/> (2)
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**How to Score Your Screener:** In the spaces below, write the number that is next to your answer for each of the questions. Add the number to get the total score. The total score can range from 0 to 10.

(#1)

+

(#2)

+

(#3)

+

(#4)

+

(#5)

=

TOTAL SCORE

**If your total score is 5 or more**, this means your breathing problems may be caused by chronic obstructive pulmonary disease (COPD). The higher your score, the more likely you are to have COPD. COPD is often referred to as chronic bronchitis and/or emphysema and is a serious lung disease that slowly gets worse over time. While COPD cannot be cured, it is treatable, so please share your answers to the five-question screener with your healthcare professional (HCP).

**If your total score is between 0 and 4**, and you are experiencing problems with your breathing, please share your answers to the five-question screener with your HCP. Only your HCP can decide if you have COPD. Your HCP can help evaluate your breathing problems by performing a breathing test, also known as spirometry. Don't wait. Call your HCP today to make an appointment to see if you may be at risk for COPD. Remember, when speaking to your HCP, be honest and open in describing your symptoms and explain how your breathing problems affect your activity level on a daily basis.

**Note to Healthcare Professional:** The COPD Population Screener™ (COPD-PS™) is a validated tool designed to identify patients at risk for COPD.

- The COPD-PS™ has been validated in a diverse population age 35 and older
- The five questions in the COPD-PS™, culled from a 52-question initial survey, were found to be the most likely to predict COPD
- The study's predictive value is 0.59 (AUC) with 88% of COPD cases correctly classified
- A clinical diagnosis of COPD should be confirmed with spirometry
- Please visit [DRIVE4COPD.ORG](https://DRIVE4COPD.ORG) to learn more about this screener and its validation

#### About the score:

- Score 5-10 – High risk of COPD
- Score 0-4 – Low risk of COPD

Martinez, F. J., Raczek, A. E., Seifer, F. D., Conoscenti, C. S., Curtice, T. G. & D'Eletto, T., et al. Development and initial validation of a self-scored COPD Population Screener questionnaire (COPD-PS). COPD: Journal of Chronic Obstructive Pulmonary Disease 2008;5:2,85-95.

\*Danica Patrick is a spokesperson of DRIVE4COPD