

## 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**

## 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 is the third leading cause of death in the U.S. and kills one person every four minutes.

## 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 initiative that aims to raise awareness of COPD, drive earlier diagnosis through risk screening, champion access to needed care and services, and advance efforts to help people with COPD live full and productive lives.

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

# COPD FOUNDATION

### Founding Sponsor



### Partnering Organizations



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**24**  
MILLION  
AMERICANS  
HAVE COPD  
ONLY  
12 MILLION  
KNOW IT

**100**  
CIGARETTES  
SMOKED IN  
YOUR LIFE  
PUTS YOU AT  
RISK FOR COPD

**EVERY**  
**4**  
MINUTES  
SOMEONE  
**DIES**  
OF COPD

COPD IS THE **2nd**  
LEADING CAUSE OF DISABILITY  
IN THE U.S.

“The COPD Foundation remains committed to raising awareness about the enormous burden of COPD, urging individuals, communities, policy makers and influential public figures to learn more about COPD and support efforts to attract more government research dollars for research, treatment and, ultimately, a cure.”



## 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         | A little of the time     | Some of the time         | Most of the time         | All of the time          |
| <input type="text"/> (0) | <input type="text"/> (0) | <input type="text"/> (1) | <input type="text"/> (2) | <input type="text"/> (2) |

2. Do you ever cough any “stuff,” such as mucus or phlegm?

|                          |                                                |                          |                          |                          |
|--------------------------|------------------------------------------------|--------------------------|--------------------------|--------------------------|
| No, never                | Only with occasional colds or chest infections | Yes, a few days a month  | Yes, most days a week    | Yes, every day           |
| <input type="text"/> (0) | <input type="text"/> (0)                       | <input type="text"/> (1) | <input type="text"/> (1) | <input type="text"/> (2) |

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        | Disagree                 | Unsure                   | Agree                    | Strongly, agree          |
| <input type="text"/> (0) | <input type="text"/> (0) | <input type="text"/> (0) | <input type="text"/> (1) | <input type="text"/> (2) |

4. Have you smoked at least 100 cigarettes in your ENTIRE LIFE?

|                          |                          |                          |
|--------------------------|--------------------------|--------------------------|
| No                       | Yes                      | Don't know               |
| <input type="text"/> (0) | <input type="text"/> (2) | <input type="text"/> (0) |

5. How old are you?

|                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|
| Age 35 to 49             | Age 50 to 59             | Age 60 to 69             | Age 70+                  |
| <input type="text"/> (0) | <input type="text"/> (1) | <input type="text"/> (2) | <input type="text"/> (2) |

**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.

$$\frac{(1)}{(1)} + \frac{(2)}{(2)} + \frac{(3)}{(3)} + \frac{(4)}{(4)} + \frac{(5)}{(5)} = \frac{\text{TOTAL SCORE}}{(5)}$$

**If your total score is between 0 and 4,** and you experience problems with breathing, please share this survey with your doctor or healthcare provider (HCP). Your HCP can help evaluate any type of breathing problem.

**If your total score is 5 or more,** your breathing problems may be caused by chronic obstructive pulmonary disease (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.

Please share the completed survey with your HCP. The higher your score, the more likely you are to have COPD. Your HCP can help evaluate your breathing problems by performing a simple breathing test, also known as spirometry.

If you find out you do have COPD, remember this: While COPD is a progressive disease, the good news is that there are steps you can take to manage it. Ask your HCP how you can breathe easier.

**Note to Doctor/Healthcare Provider:** The COPD Population Screener™ (COPD-PS™) on the reverse side of this page is an easy-to-use, 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 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](http://DRIVE4COPD.ORG) to learn more about this screener and its validation

**About the score:**

- Score 5-10—High risk for COPD
- Score 0-4—Low risk for 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.

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