

Do you want to improve your breathing?

Please answer this questionnaire and show it to your physician so that you can discuss management of your symptoms.

The following three questions relate to regular days over the last 3 months:

While performing normal daily activities (e.g. housework, cleaning, gardening), **has your breathlessness got**



Better or not changed

Worse



Were you able to perform physical activity (e.g. walking outdoor) for a **total of 30 minutes or more** on a regular day?



Yes

No



How many times per week do you use your rescue inhaler (excluding before exercise)?



Up to 3 times

More than 3 times



If your three answers are a thumbs up, well done and please see your physician as scheduled.

If you have chosen one or more answers as a thumbs down, **ask your physician as soon as possible** for recommendations how to better manage daily live activities and improve your health (e.g. inhaler technique, rehabilitation and other treatment options).