

Test Your Lungs— Know your Numbers

Chronic **O**bststructive **P**ulmonary **D**isease (COPD) is the 4th leading cause of death in the United States and the death rate is growing. Finding and treating COPD early can help keep it under control.

Test Your Lungs

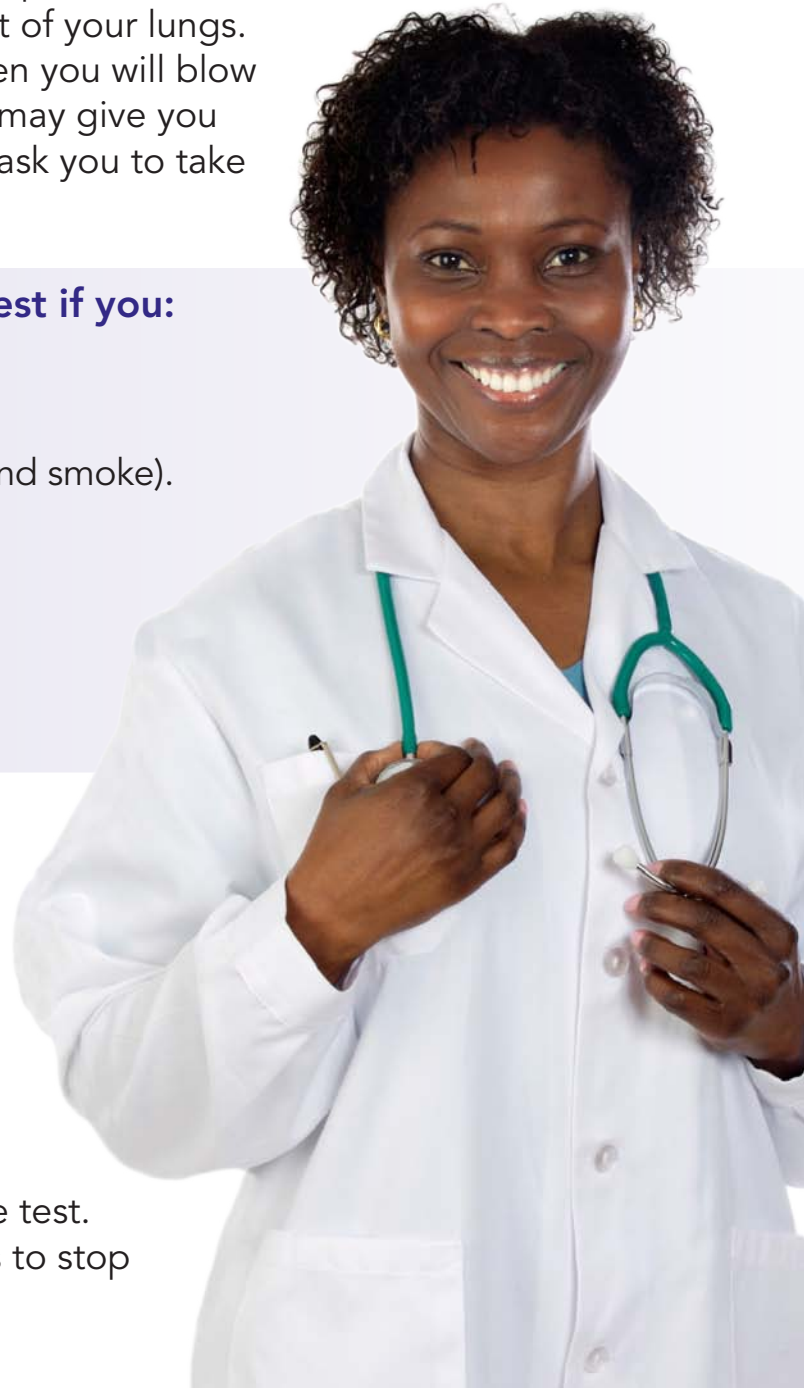
Passport Advantage and the National Lung Health Education Program (NLHEP) encourage you to test your lungs early before the signs of COPD begin. A simple breathing test called spirometry can tell your provider if you have COPD. It measures how fast and how much air you can blow out of your lungs. You will be asked to take a deep breath. Then you will blow out hard and fast into a tube. Your provider may give you medicine to relax your breathing tubes and ask you to take the test again.

Ask your provider to do a spirometry test if you:

- Are 40 years or older.
- Smoke or used to smoke.
- Are around others who smoke (second-hand smoke).
- Are around dust and chemicals at work.
- Have a chronic cough.
- Cough up mucus most days.
- Wheeze often.
- Get short of breath easily.

Before the spirometry test do not:

- Smoke for 4 hours before the test.
- Exercise before the test.
- Eat a large meal at least 2 hours before the test.
- Wear tight clothing.
- Drink alcohol the day of the test.
- Take your breathing medicines before the test.
Ask your provider about which medicines to stop and for how long.



What does a spirometry test do?

The test tells you the total amount of air you can blow out of your lungs after taking a deep breath. This number is called FVC. It also tells you how much air you can blow out of your lungs in the 1st second of the test. This number is called FEV1. The test results will be given to you as a percentage (%).

How will I know if I have COPD from the spirometry test?

- If the FEV1/FVC ratio is 70% or less; and
- If the FEV1 is 80% or less.

The lower the numbers, the worse the COPD. Have your provider write down your numbers for you. Remember the goal: Test your lungs – know your numbers. If you do have COPD, it may be helpful to repeat the test every year to keep track of any changes. Talk to your provider about how often to take the spirometry test.