

Did you know 9 out of 10 people use their inhalers incorrectly?

Appointment:

Date: _____

Time: _____

Location: _____

Important!

Please bring your inhalers and chamber with you to your appointment.

Please try not to use your inhalers the day of the appointment.

Available at:



Woolwich Community Health Centre

10 Parkside Drive, St. Jacobs, ON

Tel: (519) 664-3794

Fax: (519) 664-2182

Wellesley Township Community Health Centre

1180 Queen's Bush Road, Wellesley, ON

Tel: (519) 656-9025

Fax (519) 656-9027

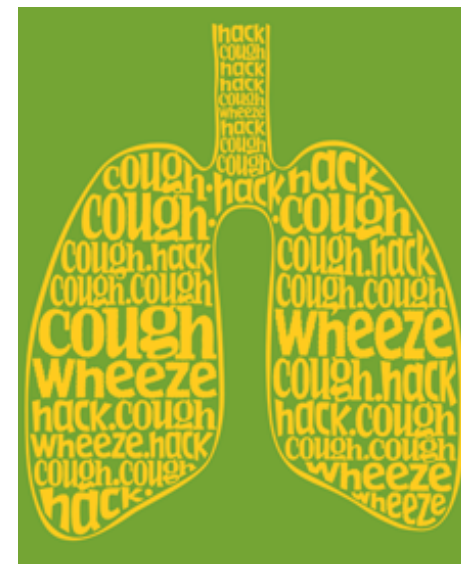
This program offered in partnership with:



The Respiratory Education Community Services program receives funding from the Waterloo Wellington Local Health Integration Network and the Government of Ontario.

Community Airway Clinics

Helping People Breathe Better to Live Better



Canadian Lung Health Test

If you are over the age of 40 and are a current or ex-smoker and answer **yes** to any of the following questions, talk to your doctor or nurse practitioner about booking an appointment.

- Do you cough regularly?
- Do you cough up phlegm regularly?
- Do simple chores make you short of breath?
- Do you wheeze when you exert yourself (exercise, go upstairs?)
- Do you get many colds? Do your colds usually last longer than other peoples colds?

The Lung Association: www.lung.ca



How can we help?

- One on one appointments with a Registered Respiratory Therapist
- Spirometry testing
- Education to help you self-manage your respiratory condition
- Referral to community programs

Available at various Community Health Centre locations within Waterloo and Wellington.

What to expect in your appointment.

- Your respiratory medical history will be reviewed
- Your smoking history will be reviewed
- Spirometry will be performed, as appropriate
- Your respiratory medications will be reviewed, including how to use them correctly
- Asthma or COPD self-management education
- Development of a personalized Action Plan to manage your condition