



# What does spirometry measure?

Spirometry tells your doctor if you are breathing normally. It does this through different breathing measurements, including:

- **Forced Vital Capacity (FVC):**  
The largest amount of air that you can breathe out after you take your biggest breath in.
- **Forced Expiratory Volume (FEV-1):**  
The amount of air you can force out of your lungs in one second.

If the amount of air you blow out in the first second is low, you might have a lung disease such as asthma or COPD.

If you have already been diagnosed with asthma or COPD, spirometry can be used to determine if your current treatment is working.



# Canadian lung health test

Smokers and former smokers are at risk of developing COPD. COPD stands for Chronic Obstructive Pulmonary Disease. Some non-smokers can also get COPD.

If you are over 40 and smoke or used to smoke, you may already have COPD. Take this quick test to screen for symptoms of COPD:

|   | Yes                   | No                    |
|---|-----------------------|-----------------------|
| 1. Do you cough regularly?  | <input type="radio"/> | <input type="radio"/> |
| 2. Do you cough up phlegm regularly?  | <input type="radio"/> | <input type="radio"/> |
| 3. Do even simple chores make you short of breath?                                    | <input type="radio"/> | <input type="radio"/> |
| 4. Do you wheeze when you exert yourself, or at night?                                | <input type="radio"/> | <input type="radio"/> |
| 5. Do you get frequent colds that persist longer than those of other people you know? | <input type="radio"/> | <input type="radio"/> |

If you answer yes to any one of the above questions, talk to your doctor about spirometry.

This test is for information purposes only. It should not replace your doctor's advice. If you think you may have COPD or are worried about your lung health, please see your doctor.

## Did you know?



**COPD** is a long-term lung disease usually caused by smoking. Some non-smokers can also get COPD.

- COPD is Canada's fourth leading cause of death
- COPD is diagnosed by using a simple breathing test (spirometry)
- COPD is preventable and treatable

**Asthma** is a chronic (long-term) disease that makes it hard to breathe. Asthma can't be cured, but it can be managed.

- Asthma is a leading cause of hospitalization for children in Canada
- Asthma can be diagnosed by using a simple breathing test (spirometry).
- With proper treatment, people with asthma can lead normal, active lives.