

The Breath Assess Tool*



Are there activities you would like to do but are limited in because of your breathing? Yes No

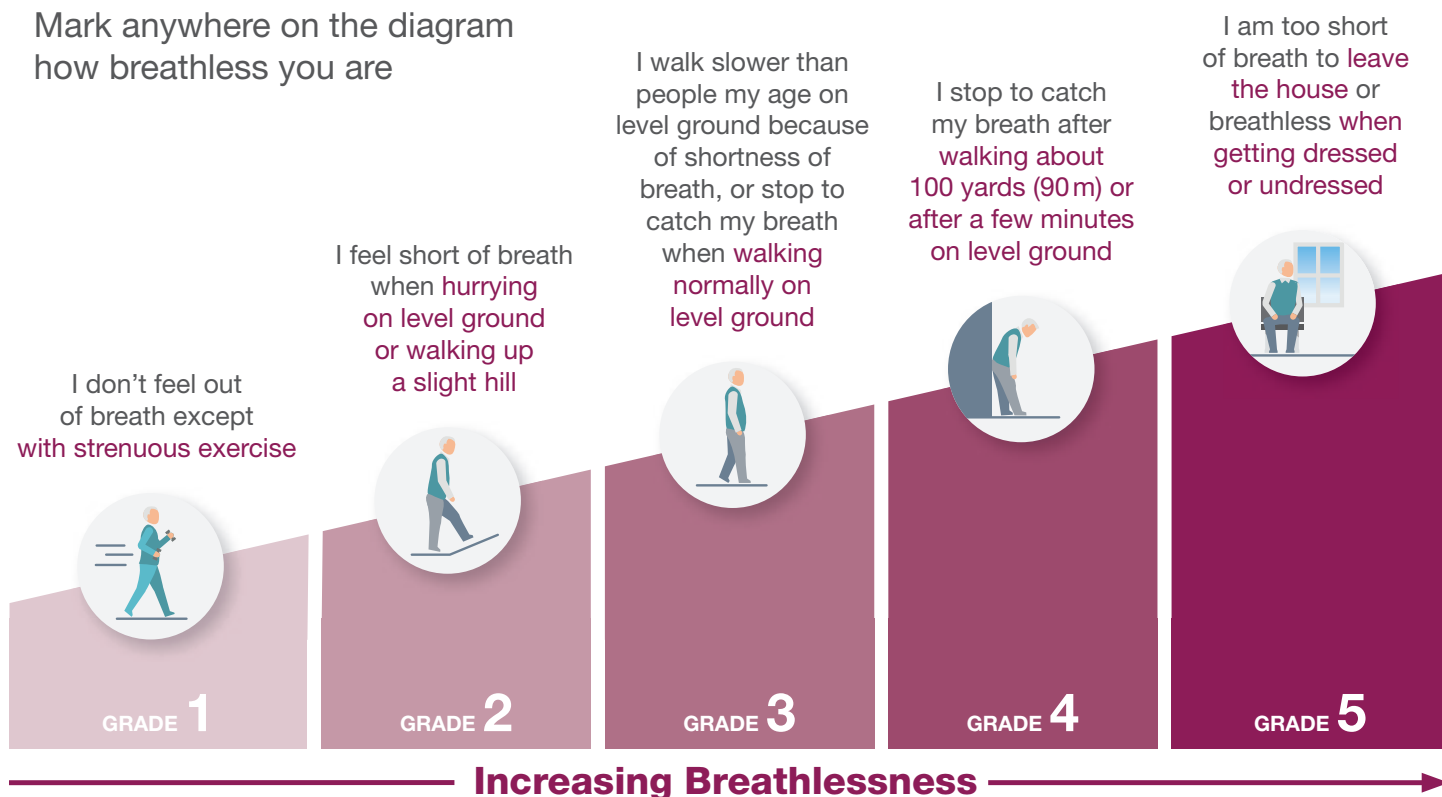
Do you wake up with trouble or difficulty breathing? Yes No

What parts of the day are the worst for your breathing?

Morning  Afternoon  Evening  Overnight 

How breathless are you?

Mark anywhere on the diagram how breathless you are



Adapted from the Medical Research Council (MRC), the Canadian Thoracic Society and GOLD

*This tool is intended for patients with Chronic Obstructive Pulmonary Disease (COPD) including chronic bronchitis and emphysema.

www.breathassess.ca

A message from a Canadian research-based pharmaceutical company.