

**Media Release**  
**November 9, 2018**

**Free Lung Checks to Prevent Lung Disease**

Ever feel breathless? Do you put it down to lack of fitness, weight or age? Geraldton Regional Aboriginal Medical Service (GRAMS) is encouraging anyone over the age of 35 to take breathlessness seriously and get a lung health check.

GRAMS will offer free lung screening on Wednesday November 15 from 9am to 12pm to coincide with World Chronic Obstructive Pulmonary Disease (COPD) Day.

In particular, GRAMS is encouraging smokers, ex-smokers and those who inhale second-hand smoke to have their lungs tested.

GRAMS Respiratory Nurse Specialist Leanne Ross said breathlessness is not a normal part of ageing and shouldn't be ignored.

"People often confuse being unfit, overweight or even (delete 'too') old age as the reason they are short winded," Ms Ross said.

"But if people are smokers or ex-smokers it's important to have a breathing test to check if there is another reason for their breathing troubles."

"Many people have the smoking-related disease emphysema and they don't even realise. We need to act now to improve future health."

Lung disease affects men, women, children, smokers, non-smokers and people who have never smoked. It affects more than 2.6 million people in Australia, with more than 19,000 people dying from the disease in Australia each year.

Shockingly, one in seven Australians aged 40 years and older has chronic COPD but more than half of these do not have a doctor's diagnosis of the condition.

For more information, and to avoid becoming a statistic, contact GRAMS on 9956 6555.

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Media information: For more information please contact Leanne Ross on 9956 6555.