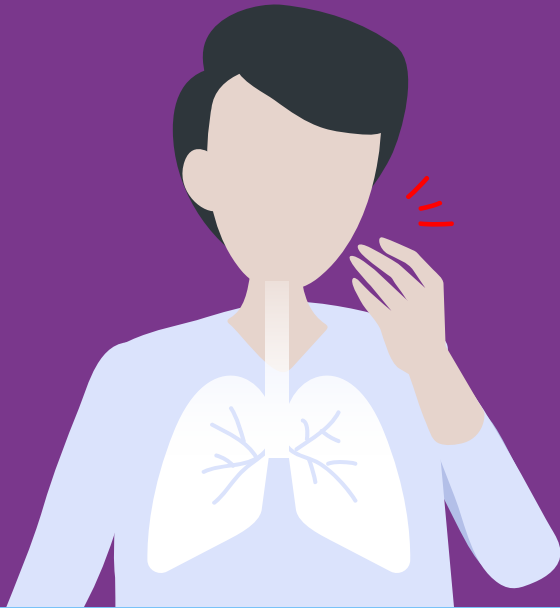


ARE YOU OFTEN OUT OF BREATH?

OR

DO YOU FEEL YOU CANNOT CATCH YOUR BREATH?



You may be experiencing breathlessness.

What is breathlessness?

Breathlessness is a condition where you often feel out of breath. People sometimes describe it as feeling puffed or winded, that they are not getting enough air, or that they can't take a deep enough breath.

It could be triggered by movement or exercise, including simple activities such as putting on your shirt, walking or climbing upstairs. If it occurs often or is triggered by these daily activities, you should consult your doctor as soon as possible.

Why is it important to follow up on breathlessness?

As breathlessness can (but not always) be a symptom of heart and lung diseases, it is important to seek professional advice from your GP.

You need to consult your doctor if you are experiencing any of the following:

- 1 Needing to pause and take a breath in the middle of a sentence.
- 2 Feeling out of breath for any activity that used to be much easier.
- 3 Not feeling like you can control your breathing soon after you stop an activity.
- 4 Being short of breath, feeling chest pain, a rapid heart rate, a fainting feeling or dizziness.
- 5 Being short of breath and have tingling in your face, hands or feet.
- 6 Breathing difficulty is waking you up at night or you have to sleep upright with a few pillows behind you to avoid breathlessness.
- 7 If being out of breath makes you feel sleepy, drowsy, or makes it difficult to think clearly.



How can I raise it with my doctor?



Tell your doctor about any activity where you are breathless. For example, saying, '**Getting dressed now makes me breathless.**'

Describe how you feel when you are breathless and what you are doing when you feel it. For example, '**When I walk the dog, I feel like I can't get enough air, even when walking slowly. It makes me feel shaky.**'

Ask your doctor about whether another condition or medication might be related to breathlessness. For example, '**I am currently on medication for <condition> and often feel out of breath. Can we discuss if they are related?'**

What sorts of management can I discuss with my doctor?

You might consider asking about any tests that can be done, or if there are treatments (medications or lifestyle changes) that could help you and their possible side effects.



For further information about breathlessness, visit <https://www.georgeinstitute.org/units/respiratory>



More support

You might like to read more about breathlessness, or speak to other people experiencing breathlessness. Here are some other organisations who can offer information and support.



Lung Foundation Australia

<https://lungfoundation.com.au/patients-carers/after-your-diagnosis-title/breathlessness>



Asthma Australia

<https://asthma.org.au/treatment-diagnosis/live-with-asthma/would-you-like-to-breathe-better>



Heart Foundation

<https://www.heartfoundation.org.au>



Health Direct

<https://www.healthdirect.gov.au/breathing-problems>

Register your interest in being involved in research studies.

People like you are needed for research studies that explore new tests and treatments.

Join Us is a national volunteer register that matches you up with relevant research studies

<https://www.joinus.org.au>

