

Living with COPD?

Talk to your doctor about heart disease

If you have COPD, you're at higher risk of heart disease. Many symptoms overlap between these conditions, which means COPD could be masking signs of underlying heart disease. Use this checklist to spot the signs and start a conversation with your GP.

Heart disease risk factors

- ☐ I have (or think I might have) high blood pressure, high cholesterol, or diabetes
- ☐ I have a family history of heart disease or stroke
- ☐ I have had previous heart problems
- ☐ I have smoked, vaped, or currently smoke/vape
- ☐ High blood pressure in pregnancy, preeclampsia, or gestational diabetes

Symptoms to discuss with your doctor

These symptoms can be present in patients with lung and heart disease:

- ☐ Shortness of breath
- ☐ Chest discomfort or tightness
- ☐ Swelling in legs, ankles, feet or abdomen
- ☐ Racing, irregular or pounding heartbeat, or an erratic pulse
- ☐ Breathlessness when lying flat or walking up incline

Warning signs of a heart attack

- Heaviness, tightness, pressure, discomfort or pain in your chest, arm, neck, back,
- Severe shortness of breath
- Sweating, nausea, fatigue, or dizziness

Symptoms of heart attacks vary, and women are more likely than men to experience subtle signs. You may wish to discuss this with your doctor.

This is a guide only. It does not provide a diagnosis. Always consult your doctor for testing and professional advice.