

## TIC TAC RISK

For COPD

Once you have completed your health maintenance assessments, play the Tic Tac Risk game. For every risk factor you have, place an "X" in the box over the risk factor. Three "Xs" in a row, places you at a greater risk for developing the disease. If you find yourself at risk for this disease, or you presently have the disease, look below for the health action you can take to reduce your risk for the disease or to preserve function and quality of life.

|             |   |                     |
|-------------|---|---------------------|
| Heredity    | Allergies                                   | Physical Inactivity |
| Environment | Smoker                                      | Chronic Bronchitis  |
| Emphysema   | Recurrent or Chronic Respiratory Infections | Asthma              |

Decrease your risks with management & prevention:

- Exercise
- No Smoking
- Deep Breathing
- Avoid Environmental Pollutants
- Avoid Respiratory Pollutants
- Healthy Diet – Frequent Small Meals

The Northeastern Region of the American Heart Association supports FitScript™ as a means of health promotion among senior, child, and adult populations.



© 1999 Millennium Health Publications

Millennium™ Health Publications, 14 Captains Boulevard, Waterford, NY 12188 518.383.9133  
www.millenniumhealthpub.com

TIC TAC RISK - CHRONIC OBSTRUCTIVE PULMONARY DISEASE