



## My checklist

Your specialist team can help you feel better and improve your quality of life. Discuss these options with your health care professionals to see what best meets your needs:

- stopping smoking**
- having a pneumonia jab and a yearly flu jab**
- getting information and support from a specialist nurse**
- information about support groups**
- getting access to pulmonary rehabilitation, a type of exercise programme**
- medication to help my symptoms, and any tips and advice**
- getting access to oxygen therapy**
- medication to slow the scarring in my lungs**
- regular follow-up appointments**
- research programmes I'm interested in**
- having a lung transplant**