



Lung Health

Our lungs are extremely important! Lungs at rest and during most daily activities are only at 50% capacity, so normal, everyday breathing isn't enough to keep the oxygen flowing through the body at peak levels. Like the rest of your body, lungs thrive on movement and more intense activity. In addition to getting more oxygen to all of your organs, an increase in activity helps counteract the build-up of toxins and tar in the lungs caused by environmental pollutants, allergens, dust and cigarette smoke.

How to reduce your risk of lung disease:

Don't Smoke

Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic swelling in the lungs, which can lead to chronic bronchitis. Over time, cigarette smoke destroys lung tissue and may trigger cell changes that turn into cancer.

Avoid Exposure to Pollutants

Secondhand smoke, outdoor air pollution, chemicals in the home and workplace, and radon can all cause or worsen lung disease. Make your home and car smoke-free, test your home for radon and avoid exercising outdoors on bad air days. Visit www.pollen.com to find local daily allergen reports.

Prevent Infection

A cold or other respiratory infection can sometimes become very serious. Wash your hands often, maintain good oral hygiene, get the flu vaccination each year and ask your doctor about the pneumonia vaccine.

Get an Annual Physical

Lung disease can go undetected until it gets very serious. During your check-up your doctor will listen to your breathing to ensure any abnormalities are addressed.

Exercise

Exercise helps improve lung capacity and specific breathing exercises can also improve lung function, enhance your mood and help you relax!

See your doctor if you experience any of the following symptoms:

- Shortness of breath during simple activities
- Pain when breathing
- Dizziness with a change in activity
- A persistent cough
- Wheezing with exercise
- Cough associated with exercising
- Pain in the airway (the path that air follows to get into and out of the lungs)

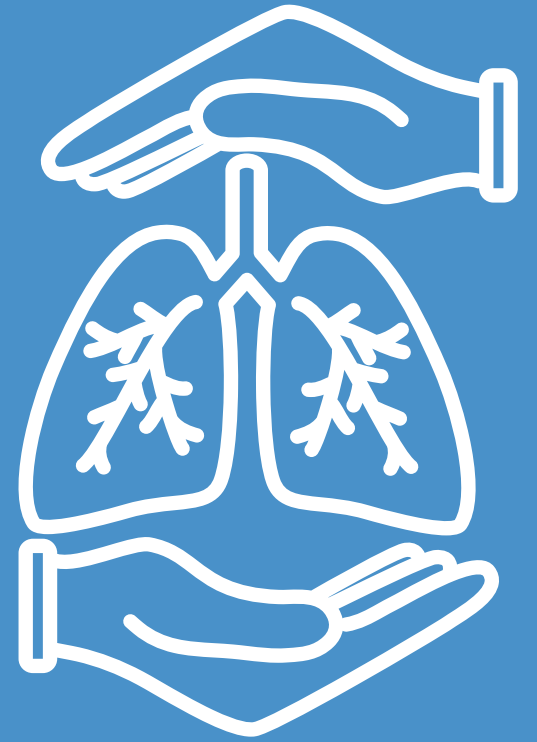
Sources:

American Lung Association www.lung.org

Rush University Medical Center <https://www.rush.edu/health-wellness/discover-health/keeping-your-lungs-healthy>

Treatment Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication. However, medical science advances and changes rapidly. Furthermore, diagnosis and treatment are often complex and involve more than one disease process or medical issue to determine proper care. If you believe you may have a medical condition described in the poster, consult your doctor.

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DID YOU KNOW?

In a single day we take over 20,000 breaths!