

HEALTHY IS KNOWING YOUR RESPIRATORY HEALTH

WHAT IS IT?



Respiratory health refers to the overall well-being of your respiratory system, including the proper functioning of the lungs and airways. Maintaining good respiratory health is vital for supplying oxygen to your body and removing carbon dioxide. Good respiratory health also helps prevent breathing problems and chronic conditions like asthma, bronchitis, and COPD.

COMMON CONDITIONS

- **Asthma** – A chronic condition causing airway inflammation and narrowing.
- **Chronic Obstructive Pulmonary Disease (COPD)** – Includes emphysema and chronic bronchitis, often caused by smoking.
- **EVALI (E-cigarette or vaping-associated lung injury)** – Inflammation in the lungs caused by e-cigarettes and vaping.
- **Pneumonia** – An infection that inflames air sacs in one or both lungs.
- **Tuberculosis (TB)** – A bacterial infection that affects the lungs.
- **Lung Cancer** – Uncontrolled growth of abnormal lung cells.

Risk factors include smoking and vaping, air pollution, poor climate conditions, exposure to dust or chemicals, allergens, respiratory infections, and poor indoor ventilation.

HOW TO PROTECT RESPIRATORY HEALTH:

- **Avoid Smoking** – Don't smoke or vape and avoid secondhand smoke.
- **Improve Air Quality** – Use air purifiers, ventilate spaces, and reduce the use of chemical sprays.
- **Practice Good Hygiene** – Wash hands frequently to prevent infections.
- **Get Vaccinated** – Protect against flu, pneumonia, and COVID-19.
- **Stay Active** – Exercise improves lung capacity and efficiency.
- **Use Masks When Needed** – In polluted areas or during flu season.
- **Check Indoor Hazards** – Reduce mold, dust, and pet dander.

WHEN TO SEEK MEDICAL HELP

- Persistent cough or shortness of breath
- Wheezing or chest tightness
- Coughing up blood and/or excessive mucus
- Frequent lung infections
- Difficulty breathing during activity or at rest



If you are experiencing respiratory complications, contact your primary care provider and request a referral to a pulmonologist.

FREEDOM FROM SMOKING

Learn how to overcome your nicotine addiction while working with a certified facilitator in a small group setting. This includes cigarettes, cigars, smokeless tobacco and vaping. This program is comprised of eight sessions over seven weeks and includes a participant workbook and other informative materials.

Fee: \$25 plus shipping and materials

To register, contact Karen Fiume:

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ECHN has received the Healthgrades Treatment of Respiratory Failure Award four years in a row!

That means we're dedicated to helping you breathe – and live – more comfortably.



Making Healthy HappenSM