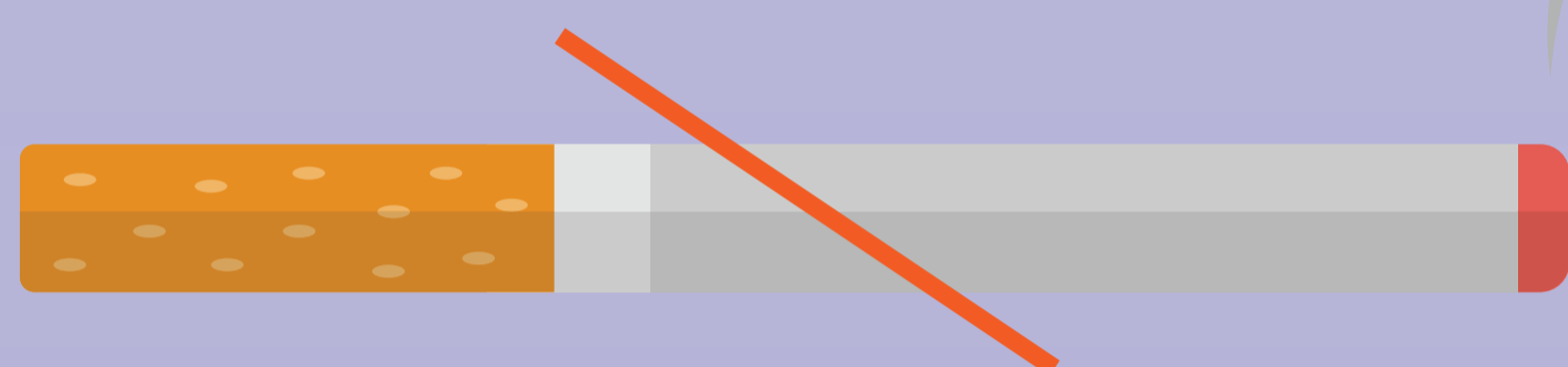




5 Ways to Keep Your Lungs Healthy

The surface area of both lungs is approximately the size of a tennis court. Here's how to take care of them.

1 Avoid smoking.



It can cause lung disease by damaging your airways.

It causes about 80% of all deaths from chronic obstructive pulmonary disease (COPD).

It causes about 90% of all lung cancer deaths.

2 Avoid secondhand smoke.

It can cause lung cancer.

It can damage cells, even with brief exposure.

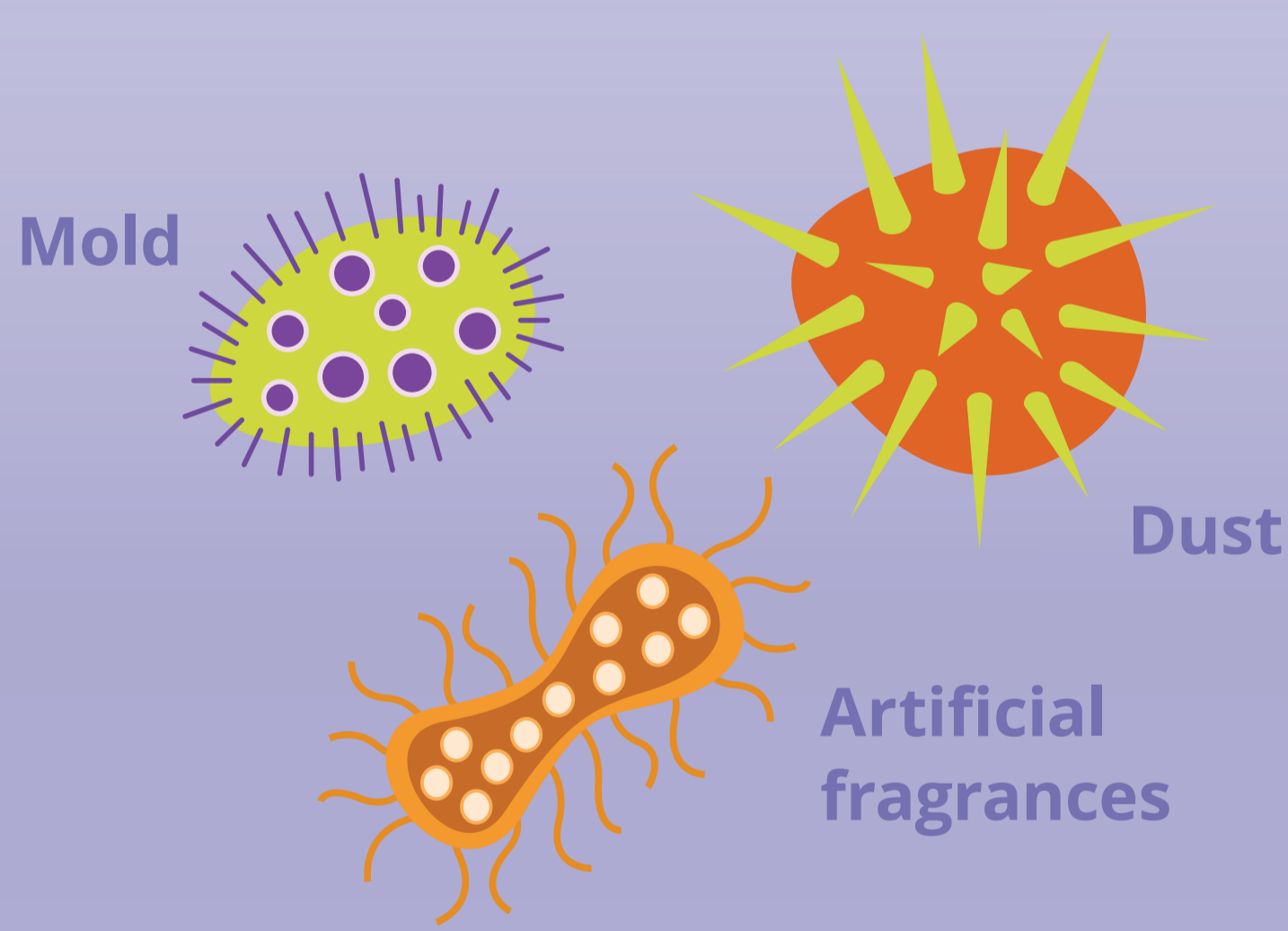
It can increase your risk of heart attack.



3 Avoid irritants.

Environmental pollutants can irritate airways and cause inflammation.

They can cause shortness of breath, coughing, wheezing, asthma episodes and chest pain.



4 Eat a healthy, well-balanced diet.

Food fuels your body, including your lungs.

Excess weight makes your lungs work harder to breathe.

Nutrients can boost your immune system, which wards off infection.

Staying hydrated with fluids helps keep mucus thin.

High sodium intake can make you retain water and make breathing more difficult.



5 Get regular exercise.

It can help strengthen your respiratory muscles.

It can help your body become more efficient at getting oxygen into the bloodstream.

Aim for at least 30 minutes of exercise, five days a week.

Try aerobic exercise like walking, stretching and resistance training.



Sources

American Lung Association:

lung.org/blog/how-your-lungs-work

lung.org/lung-health-diseases/wellness/exercise-and-lung-health

lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/physical-activity

lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/nutrition

Centers for Disease Control and Prevention:

cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects

Respiratory Health Association, resphealth.org/clean-air/understanding-air-pollution