

inspired

[to make healthy choices]

breathe. This process is so important because it keeps your other organs functioning by getting oxygen to your cells and disposing of carbon dioxide. (WEGO Health)

Volume 5 Issue 10 www.guideinc.org

Lung Health

Your lungs and respiratory system help power your body by allowing you to

power your body by allowing you to breathe. This process is so important because it keeps your other organs functioning by getting oxygen to your cells and disposing of carbon dioxide. (WEGO Health)

Everyday actions can impact lung health!

How Smoking Affects Your Lungs



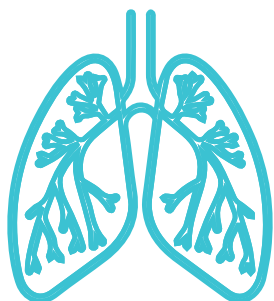
- Each puff of cigarette smoke contains a mix of over 7,000 chemicals, which can cause harm to your lungs.
- Smoking causes 8 out of 10 cases of COPD, a chronic inflammatory lung disease that causes obstructed airflow from the lungs.
- Nearly all lung cancer is caused by smoking, and smokers are 20 times more likely to develop cancer than nonsmokers. (FDA)

Vaping is not safe! E-cigarette use is dangerous and connected to popcorn lung, pneumonia, collapsed lung and more. (Johns Hopkins Medicine)

The Georgia Tobacco Quit Line is a free, confidential service available 24/7 to assist with quitting smoking, vaping and using smokeless tobacco.

Call 1-877-270-STOP or visit dph.georgia.gov/GTQL.

Tips to Keep Your Lungs Healthy



- **Don't smoke** cigarettes or vape.
- **Test your home for Radon**, a naturally occurring gas that can have a big impact on indoor air quality and your health.
- **Stay indoors** during days when air quality is poor.
- **Prevent respiratory infections** by washing your hands, avoiding crowds during cold and flu season and getting your annual flu shot.
- **Exercise** for at least 30 minutes at a moderate intensity five days a week. (American Lung Association)

"Inspired to Make Healthy Choices" Created by



GUIDE, Inc.