

2018 August

Respiratory Health



Top 5 Common Lung Problems

Colds

It brings on a runny nose, sneezing, and sometimes fever. It may irritate your lungs and airways and give you a cough, triggering asthma or infections like pneumonia or bronchitis.

Bronchitis

This means that the tubes that carry air to and from your lungs are inflamed. A cold or the flu, or irritants like pollen or cigarette smoke, can cause it. You may cough up a thick, sometimes colored mucus.

Pneumonia

A virus, bacteria, or fungus infects air sacs in your lungs, which fill with fluid or pus. You may have a fever, find it hard to breathe, and cough up thick mucus.

Asthma

Your airways narrow and swell, which makes it harder to breathe and may make you cough up mucus. It can be an allergic response to things like pollen, dust, or smoke. But exercise, cold air, the common cold, and even stress can trigger it.

COPD

A group of diseases that can irritate or damage the tiny air sacs in your lungs. It's harder to breathe, and you'll likely cough a lot, which may bring up mucus. The primary cause is smoking.

If you feel you are experiencing any of these symptoms, please contact your health care provider.

Source: WedMD.com

Balanced Wellness



www.BalancedWellnessKY.com/502-716-7773

2018 August

Respiratory Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

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Start this month focusing on your health goals. Write your three new health goals to the left.

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Prepare a new healthy dish this week.

[Start with this healthy recipe.](#)

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Did you know yoga can improve your lung capacity? Try adding it to your workouts this week.

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Adding more movement or steps into your day can help improve your mood.

Learn more [here](#).

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Surround yourself with positive people this month. This can help lower stress.

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Grill veggies when cooking out this summer to add more nutrition to your meal.

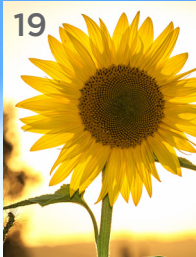
Learn more [here](#).

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If you are exercising outside this summer, start your regimen in the mornings to avoid the heat.

Learn more [here](#).

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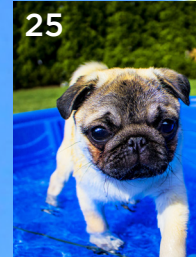


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Build healthy habits one small step at a time. When you build a new habit, reward yourself with a healthy treat.

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Did you meet your health goals this month? Check them above.

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Are you grocery shopping today? Buy the low-sodium option of canned items for a healthier meal.

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