

Ready. Set. Quit!

No matter what form of tobacco product you use, **quitting is the best thing you can do for your health!**

All tobacco products and **anything that is burned that forms smoke is harmful to your health.** Order your free quit book from The Lung Association today!

Ready. Set. Quit!

Did you know?

- 🦷 Talking with a health care provider about quitting, along with taking medication to help you quit has been shown to have the most success.
- 🦷 Quit medications are recommended for short term use, however, longer term use is still safer than the use of any tobacco product.

Be Active

Exercise helps you:

- 🦷 Strengthen your breathing muscles
- 🦷 Boost your immune system
- 🦷 Keep a healthy body weight
- 🦷 Have more energy

Did you know?

- 🦷 If you have Chronic Obstructive Pulmonary Disease (COPD), you'll feel much better if you stay active. When you're fit, your lungs become more efficient and can supply enough energy to your lungs and body for all your daily activities. A great way to learn how to exercise is to join a pulmonary rehabilitation program.
- 🦷 Having asthma does not mean you cannot exercise. Exercise is actually recommended if your asthma is controlled. In fact, many successful professional athletes have asthma.



Questions?

Do you have questions about your lung health?



We have lung health professionals on staff that can help you.

THE  LUNG ASSOCIATION™

1-888-566-LUNG
www.sk.lung.ca



THE  LUNG ASSOCIATION™

Got Lugs?
Protect them.



It's a matter
of **life** and **breath.**

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Got Lungs?

Our lungs allow us to live and breathe. Each day we breathe about 20,000 times. We often do not think about our lungs until something is taking our breath away.

The following information is to help you protect your lungs in order to breathe easy.



Healthy Lung Check

If you answer “Yes” to ANY of the following questions, contact your health care provider.

Do you...

Have a cough? (longer than 3 weeks)

Currently smoke? (in the past 30 days)

Cough up blood?

Feel short of breath at rest, during physical activity or sports?

Have any of these symptoms (cough, shortness of breath, chest tightness, wheeze-whistling sound in chest)?

Wake up in the night with any of these symptoms (cough, wheeze, chest tightness, shortness of breath)?

Get frequent colds that last longer than those of other people?

Do you snore loudly or have pauses in breathing during sleep?

Feel tired after a normal night’s sleep or sleepy during the day?

Spirometry



Spirometry is a simple breathing test.

A spirometry test can:

- 👉 Diagnose lung diseases such as Chronic Obstructive Pulmonary Disease (COPD) and asthma.
- 👉 Check the current condition of your lungs.
- 👉 Help find the cause of shortness of breath.
- 👉 Check the effectiveness of your lung disease medication.

Radon:

Is it in your home?

Radon is the second leading cause of lung cancer!

- 👉 Radon is a radioactive gas that occurs naturally when uranium breaks down in soil and rock.
- 👉 In enclosed spaces like homes, radon can accumulate to high levels which can put you at risk for lung cancer.

You can't see, smell or taste radon. The **ONLY** way to know is to test your home.



It's odourless.

It's invisible.

Please protect your lungs and purchase a radon kit from The Lung Association today.