

Ten Ways That You Can Help Prevent Lung Disease

- 1. Don't Smoke.** If you do smoke, call the American Lung Association at 1-800-LUNG-USA (1-800-586-4872) for the help you need to quit, or log on to Freedom From Smoking online at www.lungusa.com.
- 2. Avoid lung hazards.** Protect yourself from harmful air pollution indoors and outdoors. Don't allow anyone to smoke in your home, especially if you have children.
- 3. Recognize the warning signs of lung disease.** Chronic cough, chest pain, shortness of breath, wheezing, coughing blood, chronic mucus production and chronic fatigue are not normal. Your lungs are too important to ignore, so see your doctor for prompt attention.
- 4. Know the symptoms of asthma,** especially wheezing and chronic or nighttime cough. Call your local Lung Association or Med-Cert, Inc. if you suspect you or a loved one has asthma – they/we can help with information on exercise, medications and coping skills to manage the disease and avoid attacks.
- 5. Prevent air pollution.** Don't be a polluter. You can make decisions that will help keep the air in your community clean. Drive less, conserve electricity and avoid burning wood or trash.
- 6. Get involved.** Air pollution worsens lung disease and can be devastating for older Americans and those with chronic conditions. Join the fight for clean air by reducing pollution and supporting clean air laws.
- 7. Test your home for radon** – it's simple and inexpensive. This colorless, odorless gas is the second leading cause of lung cancer, yet it can be easily controlled.
- 8. Ask the doctor about a flu or pneumonia shot.** They're helpful for everyone. Flu shots are absolutely vital for those who are over 50 and have chronic diseases. The American Lung Association has proven that flu shots are safe for people with asthma. Pneumonia vaccination is vital for those over 65.
- 9. Start small.** Your best bet for preventing lung disease is by teaching children to grow up smoke-free. Your Lung Association has proven programs to teach kids not to smoke; call them for materials and information.
- 10. Protect your family** by encouraging exercise, eating right and keeping your home free of respiratory irritants. Help spread the word to those around you, to increase awareness about lung health. Every day, you can make a difference.

**If you would like more information, please contact
Med-Cert, Inc. at 866-633-2378 (toll free) or at www.medcertinc.com**



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