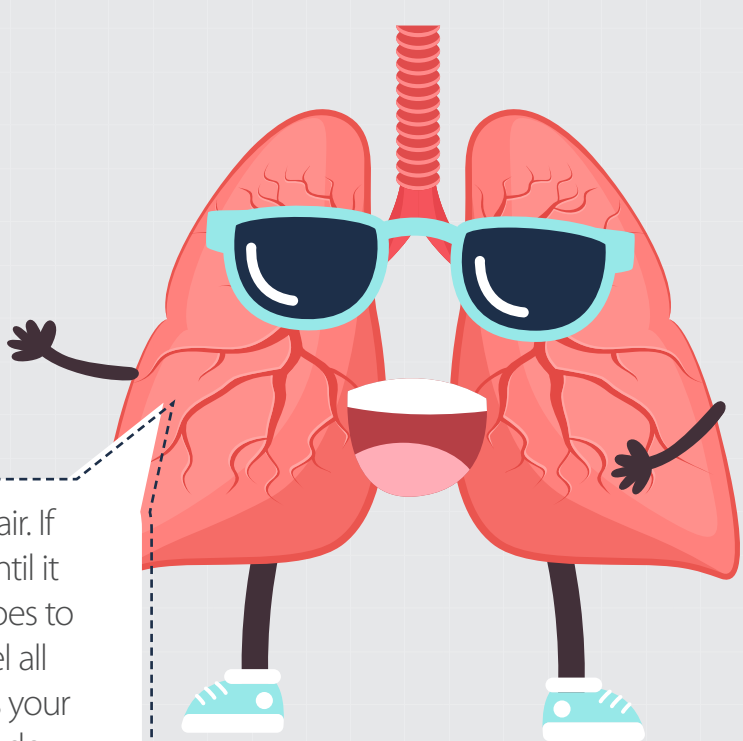


JUST BREATHE

WHY YOUR LIFE DEPENDS ON IT



Take a deep breath. That's me, your lungs, filling with air. If the way is clear, the air travels down your windpipe until it reaches air sacs. The air you inhale has oxygen that goes to my air sacs and blood vessels, then leaves me to travel all over your body. What I exhale is carbon dioxide, a gas your body doesn't use. Smoke and smoking irritate me. So do infections, which can lead to other issues.



SANDRA

Sandra started smoking as a teenager, nearly 50 years ago. Do you have any idea how smoking interrupts what I'm supposed to do? You can't undo the damage from smoking, so I'd prefer it if you didn't smoke at all. Sandra recently quit smoking because a constant cough interrupted her life. She was also struggling to do daily activities because she couldn't catch her breath. The shortness of breath scared Sandra enough to see her family doctor, who ordered tests to find out what was happening with me. I experienced a **pulmonary function test**, chest X-rays and a **pulse oximetry**. I heard the doctor tell Sandra she has chronic obstructive pulmonary disease, or **COPD**. Sandra used to get anxious when it was hard to breathe, but she was instructed by a **respiratory therapist** on how to manage her symptoms through **pulmonary rehabilitation**. She is calmer now, and that makes it easier for me to take in air.



NATE

Nate had pneumonia this winter, which means I was infected. He took all the medicine his doctor ordered, but his cough didn't go away. His primary care physician ordered a **CT scan**, which showed a **nodule** on me. Nate was referred to a **pulmonologist**, who ordered an additional test, a **PET scan**. The results required another test, a **bronchoscopy** and a **lung biopsy** of the nodule. Nate knew the nodule was tested to see if it was cancer. It's not, it's scar tissue from the pneumonia. Nate's pulmonologist wants a CT scan of me again in six months to see if the nodule grows. In the meantime, it's getting easier for me to fill with air because the pulmonologist had Nate start using an **inhaler**. The inhaler is also helping with the cough.



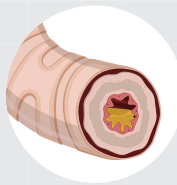
PULMONARY FUNCTION TEST

A test to measure how much and how fast air moves in and out of your lungs. It also checks how efficiently your lungs move oxygen into your circulatory system.



PULSE OXIMETRY

A device that measures how much oxygen is in your blood.



COPD

A lung disease that will never go away and partially obstructs, or blocks, airways. Future damage can be prevented through medical care.



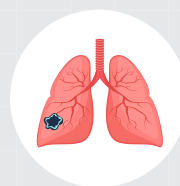
RESPIRATORY THERAPIST

A medical professional who evaluates and cares for people who have breathing problems.



PULMONARY REHABILITATION

Treatment to help lung patients do daily tasks.



NODULE

Growths or "spots" in or on the lungs.



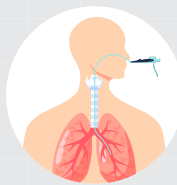
PULMONOLOGIST

Doctor who identifies and treats lung disease.



PET SCAN

A test that uses a special camera and a radioactive tracer to see organs in the body.



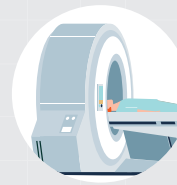
BRONCHOSCOPY

A way to look at your airway using a thin tool called a bronchoscope to find problems with the lungs.



LUNG BIOPSY

A procedure to remove a small piece of lung tissue that can be looked at under a microscope to aid in diagnosis.



CT SCAN

Low-dose X-rays to take detailed pictures of the inside of the body.



INHALER

A device that delivers medication directly into the lungs. The medicine inhaled could be a mist, a powder or a spray.

Eat a balanced diet, it can affect your breathing, and so can daily exercise. Get a flu vaccine too, that's a great way to protect me.

