

GET WHAT YOU NEED OUT OF LIFESM

Beauty, Balance and Breath



Breathe In, Breathe Out

Make lung health a priority to prevent death and disability from you and your loved ones. See below for fast facts, symptoms and tips to prevent two of our biggest enemies in the fight against lung disease.

Chronic Obstructive Pulmonary Disease (COPD)

What it is

COPD refers to two lung diseases: chronic bronchitis and emphysema, both of which are described as obstruction to airflow that interferes with normal breathing.

Fast Facts

- COPD is the number four leading cause of death in the U.S., with over 122,000 Americans dying from the disease in 2003 alone.
- The primary risk factor for COPD? Smoking, which accounts for 80-90% of COPD deaths. Other risk factors include:
 - Air pollution
 - Second-hand smoke
 - Childhood respiratory infections
 - Heredity

Symptoms

- Persistent cough
- "Smoker's cough"
- Shortness of breath (which may cause avoidance of activities once enjoyed)
- Wheezing
- Excess mucus (sputum) production
- Inability to breathe deeply
- Difficulty breathing

Lung Cancer

What it is

Lung cancer, one of the most common cancers worldwide, affects the lungs and typically originates from the lining of the bronchi, but can also start from other parts of the lungs.

Fast Facts

- Lung cancer is the number one cause of death in women *and* men in the U.S., with more deaths than colon, breast and prostate cancers—combined.
- The culprit for 87% of lung cancer deaths? You guessed it: smoking.
- Approximately 6 out of 10 people with lung cancer die within the first year of diagnosis.

Symptoms

- New/persistent/worsening cough
- Change in mucus color/production
- Wheezing
- Stridor
- Hoarseness
- Chest/shoulder/back pain
- Recurrent pneumonia or bronchitis
- Chronic fatigue
- Loss of appetite
- Headache
- Bone pain
- Aching joints
- Unexplained weight loss

Report any symptoms you have to your healthcare provider as soon as possible—your life may depend on it.

For more information on COPD and lung cancer, visit these sites:

American Cancer Society: www.cancer.org

American Lung Association: www.lungusa.org

National Heart, Lung and Blood Institute (NHLBI)'s Learn More Breathe Better Campaign:

www.nhlbi.nih.gov/health/public/lung/copd/index.htm

U.S. Department of Health and Human Services, Office on Women's Health: www.4woman.gov

Sources: American Cancer Society. What is Non-small Cell Lung Cancer? http://www.cancer.org/docroot/CRI/content/CRI_2_2_1x_What_Is_No-n-small_Cell_Lung_Cancer.asp

American Lung Association. Lung Cancer Fact Sheet, 2007.

<http://www.lungusa.org/site/apps/s/content.asp?c=dvLUK9O0E&b=34706&ct=3232839>

U.S. Department of Health and Human Services. Lung Cancer, 2003.

www.4woman.gov/faq/lung.htm



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