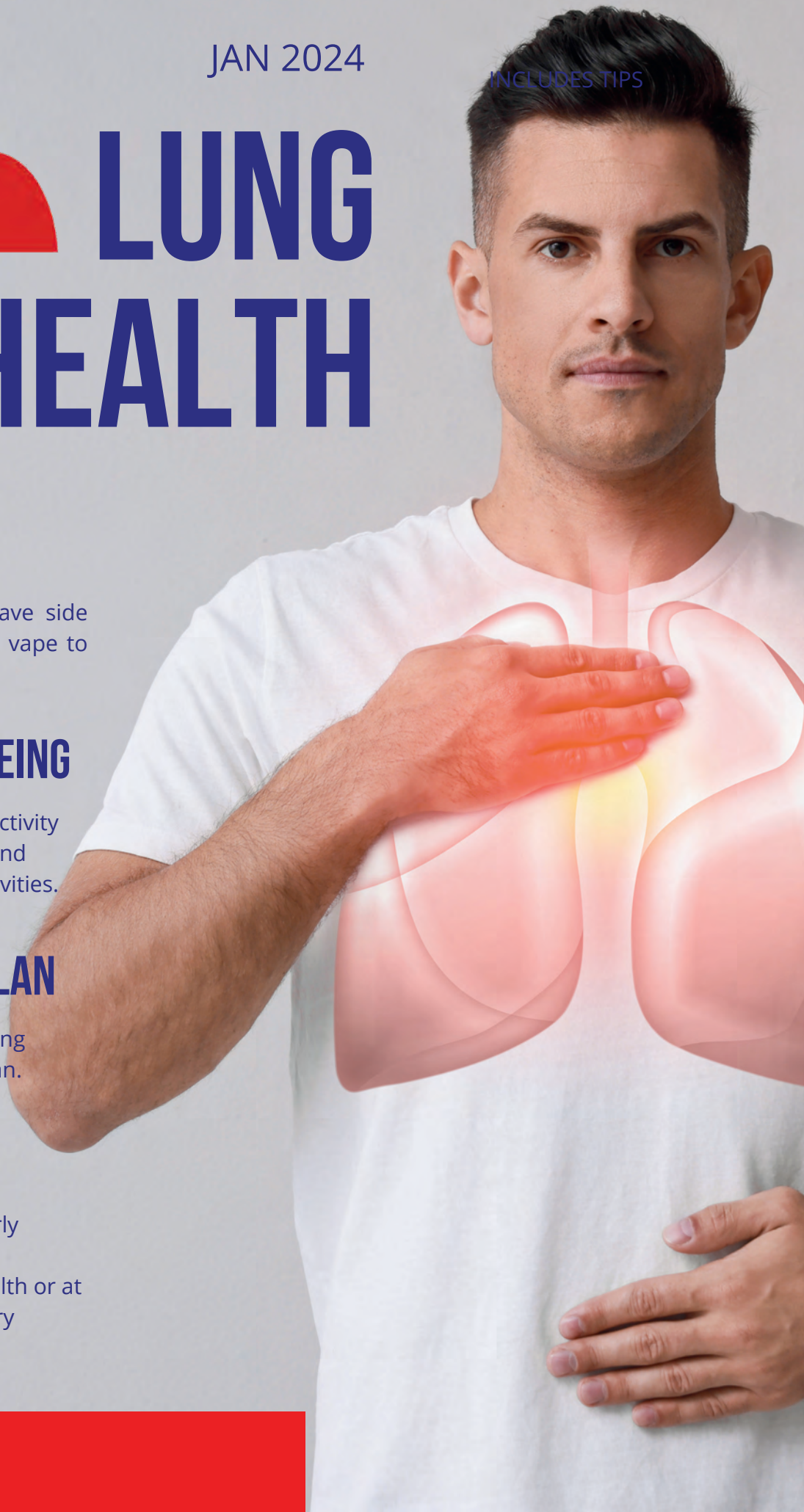


JAN 2024

INCLUDES TIPS



LUNG HEALTH



VAPING

Both smoking and vaping have side effects and risks. Should you vape to stop smoking?

RESPIRATORY WELLBEING

Engaging in regular physical activity helps improve lung capacity and efficiency. Simple and fun activities.

ASTHMA ACTION PLAN

General strategies for managing asthma. Prepare an action plan.

VACCINATIONS

Vaccinations can be particularly important for individuals with compromised respiratory health or at an increased risk of respiratory infections.

Both smoking and vaping have side effects and risks. The long-term health effects of electronic cigarettes (e-cigarettes) are not yet fully understood, but the science indicates they are not a safe alternative to smoking.

Vaping - The Facts



According to the American Heart Association (AHA), many people believe that vaping is safer than smoking, but this is not necessarily the case. Mounting evidence suggests that vaping is dangerous.

Why is vaping considered harmful?

People who vape may be at risk of harm for the following reasons:

- E-cigarettes can contain a large dose of nicotine, a substance known to slow the development of brains in fetuses, children, and teens.
- The liquid that creates the vapor is dangerous to adults and children if they swallow, inhale, or get it on their skin.

- Vaping also delivers dangerous chemicals, including diacetyl, cancer-causing chemicals, heavy metals, and volatile organic compounds (VOCs).
- Vaping may normalize smoking again as it becomes more popular.

According to the Centers for Disease Control and Prevention (CDC), by early 2020, there had been around 2,800 hospitalizations or deaths total with 68 of those confirmed deaths from vaping.

However, the CDC also acknowledges that since the removal of vitamin E acetate from vaping products, along with other harmful ingredients, the number of symptoms that people experience from vaping declined.

Additionally, nicotine, which is present in many vaping products, can contribute to anxiety and other mental health issues.

Here are some points to consider:

Synthetic Cannabinoids:

- Some individuals may use vaping devices to inhale synthetic cannabinoids, often referred to as "spice" or "K2." These substances can cause hallucinations and anxiety, and their use is associated with various health risks.

Nicotine:

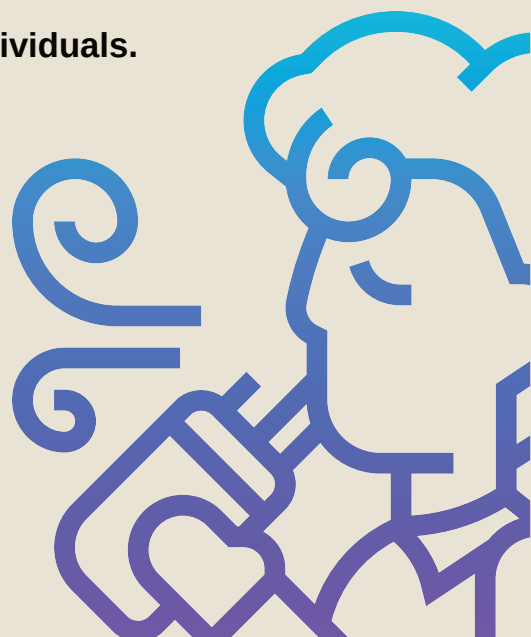
- Nicotine is a central nervous system stimulant found in many vaping products. While it does not typically cause hallucinations, nicotine can lead to increased heart rate, elevated blood pressure, and anxiety. Individuals who are sensitive to nicotine or who consume high doses may experience heightened anxiety.

Individual Differences:

- Responses to substances can vary widely among individuals. Some people may be more susceptible to anxiety or hallucinations due to factors such as genetics, mental health history, or existing anxiety disorders.

Adulterated Products:

- In some cases, vaping products may be adulterated or contain unexpected substances that can have unpredictable effects on mental health.



Quitting Can Save Your Life



Quitting is
easier than
you think

Quitting smoking cigarettes can lead to significant positive changes in both short-term and long-term health. Here are some of the health improvements that occur after quitting smoking:

Short-term Health Benefits (Days to Weeks):

- **Improved Circulation:** Within 20 minutes, blood pressure and circulation start to improve, leading to better oxygenation of the body's tissues.
- **Increased Oxygen Levels:** Within a few days, carbon monoxide levels in the blood drop, allowing oxygen levels to return to normal. This improves lung and cardiovascular function.

- **Enhanced Sense of Taste and Smell:** Within days to weeks, the senses of taste and smell begin to recover, making food and everyday scents more enjoyable.
- **Reduced Coughing and Respiratory Symptoms:** Coughing and respiratory symptoms often decrease as the lungs start to repair themselves, leading to improved respiratory function.
- **Improved Energy Levels:** Increased oxygen levels and improved circulation contribute to a boost in energy levels.

Intermediate-Term Health Benefits (Within Months to Years):

- **Reduced Risk of Cardiovascular Disease:** The risk of heart disease decreases significantly within one to two years of quitting.
- **Lowered Cancer Risk:** The risk of various cancers, including lung cancer, decreases over time. The rate of decline depends on factors such as the duration and intensity of smoking.
- **Improved Lung Function:** Lung function continues to improve, and the risk of chronic obstructive pulmonary disease (COPD) decreases.
- **Enhanced Immune System:** The immune system becomes stronger, reducing the risk of infections.
- **Better Mental Health:** Quitting smoking is associated with improved mental health, including reduced anxiety and depression levels.

Long-Term Health Benefits (Over Several Years):

- **Significant Reduction in Cardiovascular Risk:** The risk of heart disease continues to decline, leading to a substantial improvement in cardiovascular health.
- **Substantial Decrease in Cancer Risk:** The risk of various smoking-related cancers continues to decrease, contributing to overall cancer prevention.
- **Preservation of Lung Function:** While some irreversible damage may persist, continued abstinence from smoking helps preserve lung function and reduces the risk of severe respiratory conditions.
- **Increased Lifespan:** Quitting smoking is one of the most effective ways to increase life expectancy and improve overall health and well-being.

Breathe

Respiratory Wellbeing

Engaging in activities that promote lung health is beneficial for overall respiratory well-being. Here is a list of activities that can contribute to lung health:

Aerobic Exercise: Activities such as brisk walking, jogging, running, cycling, and swimming help improve cardiovascular fitness and lung capacity.

Deep Breathing Exercises: Practices like diaphragmatic breathing, pursed-lip breathing, and belly breathing can help strengthen respiratory muscles and enhance lung function.

Yoga: Yoga incorporates breathing techniques (pranayama) and gentle movements, promoting lung capacity and overall respiratory health.

Pilates: Pilates exercises focus on core strength and controlled breathing, which can benefit respiratory function.

Cardiovascular Training: Engage in activities that elevate your heart rate, such as jumping jacks, jumping rope, or high-intensity interval training (HIIT).

Swimming: Swimming is an excellent cardiovascular exercise that also enhances lung capacity due to controlled breathing.

Cycling: Riding a bike is a low-impact aerobic activity that supports cardiovascular health and lung function.

Stair Climbing: Climbing stairs is an effective way to increase heart rate and improve lung function.

Resistance Training: Incorporate strength training exercises to improve overall fitness, as increased muscle strength can enhance respiratory function.

Hiking: Hiking at different elevations challenges the respiratory system and improves cardiovascular fitness.

Dancing: Enjoying dance as a form of exercise can elevate heart rate and promote lung health.

Breathing Exercises for Singers: Techniques used by singers, such as breath control exercises, can benefit lung capacity and control.

Circuit Training: Combine different exercises in a circuit to provide a full-body workout and boost cardiovascular fitness.

Playing Wind Instruments: Learning to play wind instruments, such as the flute or saxophone, involves controlled breathing and can be beneficial for lung health.

Creating an Asthma Action Plan



Creating an asthma action plan is crucial for managing asthma effectively.

An asthma action plan is a personalized document that outlines steps to take for daily asthma management and specific actions to follow during worsening symptoms or an asthma attack.

This is a general template, and specific details should be personalized based on individual health needs and recommendations from a healthcare provider.

Regular communication with a healthcare professional is essential for effective asthma management and the maintenance of an up-to-date action plan.

Below is a general template for an asthma action plan:

Template - Asthma Action Plan

Patient Information:

- Name:
- Date of Birth:
- Emergency Contacts:
 - Primary Emergency Contact:
 - Name:
 - Relationship:
 - Phone:
 - Secondary Emergency Contact:
 - Name:
 - Relationship:
 - Phone:

Daily Management:

1. Controller Medications:

- List any daily medications, including dosage and frequency.
- Example: [Medication Name] - [Dosage] - [Frequency]

2. Peak Flow Monitoring:

- Measure peak flow daily or as directed by your healthcare provider.
- Record results in the provided space or a separate diary.

3. Triggers:

- Identify and avoid known triggers (e.g., allergens, smoke, exercise).
- Take preventive measures to minimize exposure.

Green Zone (Good Control):

- Peak Flow: [80-100% of personal best]
- Symptoms: No cough, wheeze, chest tightness, or shortness of breath.
- Medication: Continue controller medications as prescribed.

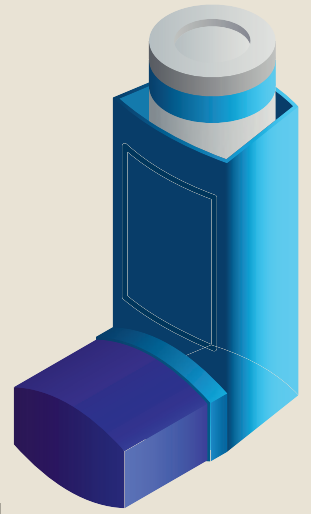
Yellow Zone (Caution - Worsening):

- Peak Flow: [50-80% of personal best]
- Symptoms: Increased cough, wheeze, chest tightness, or shortness of breath.
- Action:
 - Increase [specific medication] to [specific dosage].

- Continue short-acting bronchodilator as needed.
- If symptoms persist, contact healthcare provider.

Red Zone (Medical Alert - Severe Symptoms):

- Peak Flow: [Below 50% of personal best]
- Symptoms: Severe cough, wheeze, chest tightness, or shortness of breath.
- Action:
 - Take [specific medication] at [specific dosage].
 - Use short-acting bronchodilator every [specific interval].
 - Seek emergency medical attention immediately.
 - Contact emergency contacts.



Emergency Contacts:

- Dial [Emergency Services Number] or go to the nearest emergency room if experiencing severe symptoms or if symptoms do not improve with the Red Zone actions.

Follow-up:

- Schedule regular follow-up appointments with your healthcare provider.
- Bring this action plan to all healthcare visits for review and updates.

Provider Information:

- Healthcare Provider Name:
- Clinic/Hospital:
- Phone:
- Date of Asthma Action Plan Creation:



Vaccinations



Vaccinations can be particularly important for individuals with compromised respiratory health or at an increased risk of respiratory infections. For those with lung conditions or a higher susceptibility to respiratory issues, vaccines can help prevent certain infections and complications.

Here are some key vaccinations that may be recommended, especially for individuals with lung health concerns:

1. **Influenza (Flu) Vaccine:** Annual influenza vaccination is essential for individuals with lung conditions. The flu can lead to severe respiratory complications, and getting vaccinated is a crucial preventive measure.
2. **Pneumococcal Vaccines:** Pneumococcal vaccines, such as Pneumovax 23 and Prevnar 13, protect against certain strains of bacteria that can cause pneumonia, a respiratory infection. Individuals with lung conditions are often at a higher risk for pneumonia.
3. **COVID-19 Vaccine:** The COVID-19 vaccine is recommended for everyone, including individuals with respiratory conditions. COVID-19 can cause severe respiratory illness, and vaccination is a key tool in preventing infection and reducing the severity of symptoms.
4. **Tdap (Tetanus, Diphtheria, Pertussis) Vaccine:** Tdap vaccination is important for protection against tetanus, diphtheria, and pertussis (whooping cough). Pertussis, in particular, can lead to persistent coughing and respiratory distress.
5. **Varicella (Chickenpox) Vaccine:** If you have not had chickenpox or the varicella vaccine, getting vaccinated can prevent complications associated with chickenpox, which may affect the respiratory system.
6. **Measles, Mumps, Rubella (MMR) Vaccine:** The MMR vaccine protects against measles, mumps, and rubella. Measles, in particular, can lead to severe respiratory complications.

It's important to consult with your healthcare provider to determine which vaccinations are most appropriate for your specific health condition, age, and overall health. Your healthcare provider can assess your risk factors and recommend a vaccination schedule tailored to your needs.

Ask any Health For All staff member for a full list of available immunizations.



Health For All

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