



Why is lung health important?

Nelson noticed he was getting short of breath while walking around his home. As a result, he avoided activities outside of his home, like going out to breakfast with friends. After talking with his provider and physical therapist, Nelson was able to sign up for therapy and exercise to learn ways to stay active and help his lungs. Now, Nelson has started daily walks with his wife, and goes out to breakfast with their friends regularly. Taking care of your lungs will keep them healthy so they can get your body the oxygen it needs.

What can you look for?

- Trouble breathing
- Shortness of breath
- Fatigue
- Feeling like you are not getting enough air
- Pain or discomfort with breathing
- Hard time breathing with activity/exercise
- Ongoing cough

Your lungs supply oxygen to keep your body and organs working. Being mindful of how you are breathing is important to help you notice any changes with your lung health.

Questions to ask yourself:

- Do you have a hard time with activities where you must take breaks often?
- Do you have a harder time with breathing with activities and exercise?
- Do you stop activities often to take a break to breathe?
- Do you have an ongoing cough or pain with breathing?





What can you do?

- Be physically active
- Avoid smoking and tobacco use
- Improve indoor air quality by using air filters
- Stay up to date on vaccines for flu and pneumonia

Where can you find support?

- [Exercise](#) offers opportunities for physical activities.
- [Integrated Pharmacist](#) can assist with reviewing inhaler technique.
- [Physical](#) and [Occupational Therapy](#) can provide you with ways to save energy during your daily activities.
- Your [Primary Care Provider Team](#) can assist with seeing if medication or other treatments may help your lungs.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Exercise
- Elders Program
- Occupational Therapy
- Primary Care
 - Integrated Pharmacist
 - Integrated Physical Therapist
 - Tobacco Cessation
- Tobacco Prevention and Control

Community Resources

- Alaska Tobacco Quit Line
 - (800) 784-8669
- American Lung Association
 - Lung.org
- Asthma and Allergy Foundation of America: Alaska Chapter
 - (907) 349-0637

