

# AGING WELL

# Lung Health

## 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 signed 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 are some considerations for lung health?

- 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
- Persistent 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?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

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## 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?

Contact your care team at McGrath Regional Health Center ..... (907) 524-3299

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### ☐ Exercise Physiologists

Exercise physiologists can provide support for being physically active and help create individual exercise programs to help achieve your wellness goals.

### ☒ Integrated Pharmacists

Integrated pharmacists can assist with reviewing inhaler technique.

### ☐ Physical Therapy and Occupational Therapy

Physical therapy and occupational therapy can provide you with ways to save energy during your daily activities.

### ☒ Your Primary Care Team

Your primary care team can assist with seeing if medication or other treatments may help your lungs.

#### Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit