

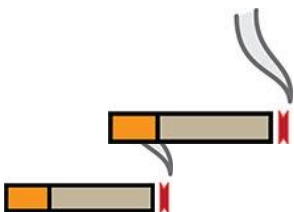
Booklet one – Introduction to Lung Health

Why should I take care of my lungs?

Your lungs are a very important organ in your body.



Not being active and eating too much can affect how well your lungs work.



So can smoking



So can drinking too much



If your lungs are not working properly it can affect you in lots of ways.



It can mean you are more likely to become ill.



If your lungs don't work properly, you might find it harder to do lots of things like



walking to the bus,
or playing with your children



If your lungs don't work properly you may need more medication



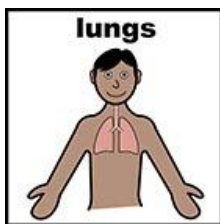
You might need to see your doctor more often, or have to spend time in hospital



These booklets will give you advice on how to keep your lungs healthy



It is important to read these documents if you are healthy and don't have any problems with your lungs right now.



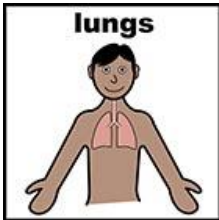
If you already have a lung condition, some of the advice might help improve your condition.



Even small changes will make a difference to your life



Topics covered



Each booklet covers a different topic and tells you how it can affect your lung health

Booklet 1 (this booklet) – Introduction to Lung Health

Booklet 2 – Lung Health and Being More Active

Booklet 3 - Lung Health and a Balanced Diet

Booklet 4 – Lung Health and Smoking

Booklet 5 – Lung Health and Vaccinations

Booklet 6 – Signs and Symptoms of Lung Conditions

Booklet 7 – Lung Health and Your Environment



More Information



For more information on living with a lung condition

visit www.blf.org.uk



Call The British Lung Foundation helpline

on 03000 030 555



For more information on the
Liverpool Healthy Lung Programme
and Breathe Easy events please visit:

www.liverpoolccg.nhs.uk/health-and-services/healthy-lungs