



Quick Steps for Healthy Lungs

Controlling and preventing lung disease needs everyone's attention. Learn to recognize the symptoms of lung disease, such as those described in **Healthy Steps for Healthy Lungs**. If you have any of these symptoms, get medical attention as soon as possible.

You, your family members and friends need to protect your lungs. Here's how:

- **Don't smoke.** Quitting smoking is the best protection you can give your lungs and reduces your risk of lung disease.
- **Be honest.** Understand that chronic cough, shortness of breath and other lung symptoms are not normal.
- **Take action.** Bring any lung disease symptom to your doctor's attention early. Then follow the doctor's advice.
- **Avoid lung hazards.** Secondhand cigarette smoke, air pollution, and lung hazards at work can cause some lung diseases.
- **Think about prevention.** Lung diseases like influenza (flu) and pneumococcal pneumonia can be prevented with vaccination. Get immunized if you are in a high risk group, which includes people over 65 or anyone with a chronic health problem such as heart disease, lung disease and diabetes.

Remember - early detection of lung disease is the key to prompt and successful treatment.