What is lung health awareness?

A reminder to be aware of the things in our environment that can harm our lungs, and to be compassionate to people who are suffering from illnesses such as chronic obstructive pulmonary disease (COPD), the nation's third-leading cause of death.

Why is it Important to Participate in Lung Health Awareness Month?

About 10 million adults are diagnosed with chronic bronchitis each year, about 4.7 million others have been diagnosed with emphysema and about 25 million people live with asthma.

Occupational lung diseases, which include asbestosis and mesothelioma, also affect many Americans. Occupational illnesses are estimated to cost $150 billion annually. Chronic Obstructive Pulmonary Disease (COPD), typically caused by long-term exposure to lung irritants that damage the lungs and airways, is attributed to occupational exposure 19.2% of the time.
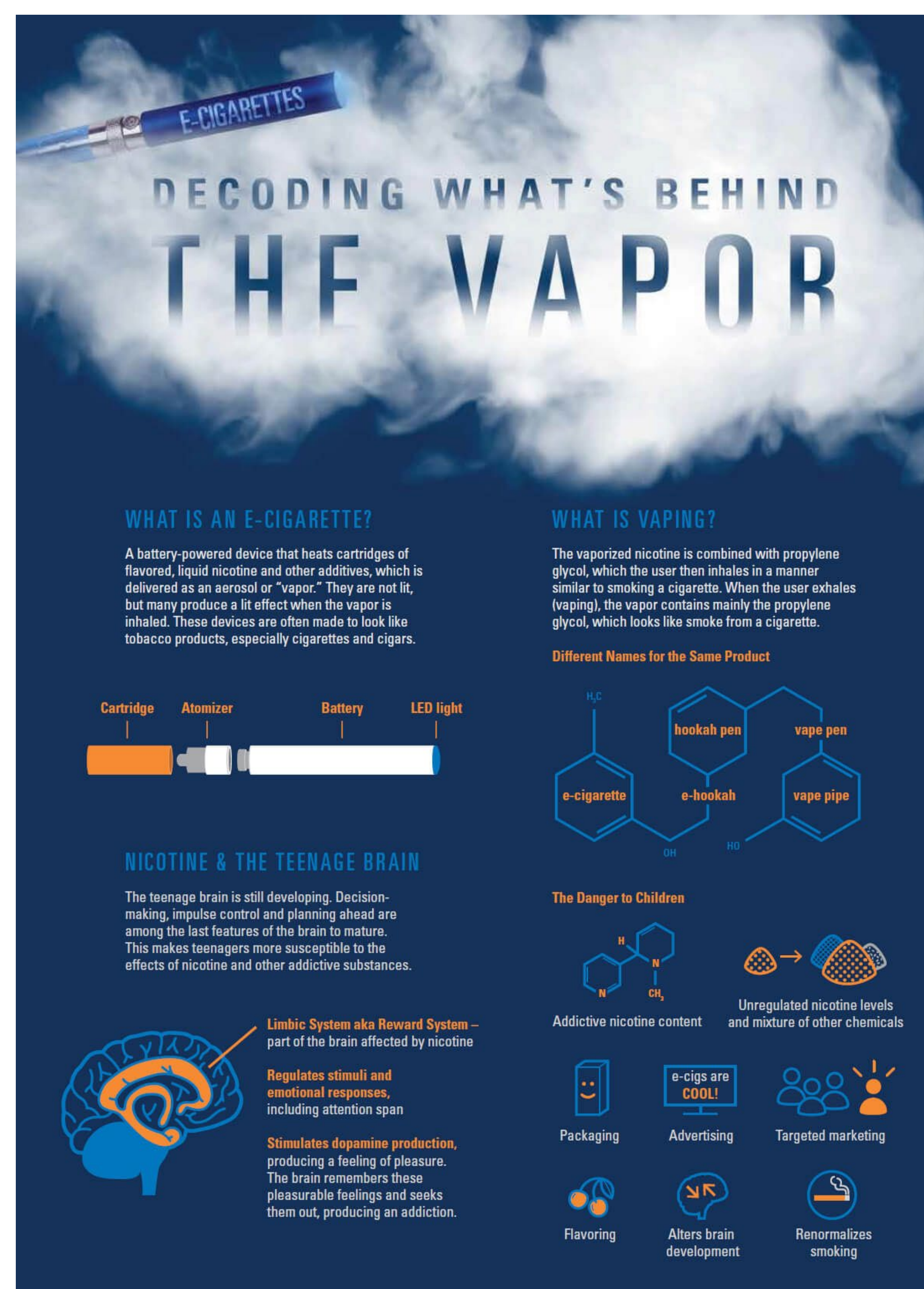
Warning Signs of Lung Disease:

- Chronic Cough
- Shortness of Breath
- Chronic Mucus Production
- Wheezing
- Chronic Chest Pain

**If you've never smoked or used other tobacco products or e-cigarettes, don't start.
If you or someone you know is considering quitting tobacco, call 1-800-QUIT-NOW**

E-cigarettes and Vaping:

Although e-cigarettes are less harmful than cigarettes, that doesn't mean e-cigarettes are safe. E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

E-CIGARETTES
DECODING WHAT'S BEHIND
THE VAPOR

WHAT IS AN E-CIGARETTE?
A battery-powered device that heats cartridges of flavored, liquid nicotine and other additives, which is delivered as an aerosol or "vapor." They are not lit, but many produce a lit effect when the vapor is inhaled. These devices are often made to look like tobacco products, especially cigarettes and cigars.

Cartridge   Atomizer   Battery   LED light

WHAT IS VAPING?
The vaporized nicotine is combined with propylene glycol, which the user then inhales in a manner similar to smoking a cigarette. When the user exhales (vaping), the vapor contains mainly the propylene glycol, which looks like smoke from a cigarette.

Different Names for the Same Product
hookah pen   vape pen
e-cigarette   e-hookah   vape pipe

NICOTINE & THE TEENAGE BRAIN
The teenage brain is still developing. Decision-making, impulse control and planning ahead are among the last features of the brain to mature. This makes teenagers more susceptible to the effects of nicotine and other addictive substances.

Limbic System aka Reward System – part of the brain affected by nicotine

Regulates stimuli and emotional responses, including attention span

Stimulates dopamine production, producing a feeling of pleasure. The brain remembers these pleasurable feelings and seeks them out, producing an addiction.

The Danger to Children
Addictive nicotine content
Unregulated nicotine levels and mixture of other chemicals

Packaging   Advertising   Targeted marketing
e-cigs are COOL!

Flavoring   Alters brain development   Renormalizes smoking

Here are some ways to keep your lungs healthy:

Don't Smoke
Cigarette smoking is the major cause of lung cancer and chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation, or swelling in the lung, which can lead to chronic bronchitis. Over time cigarette smoke destroys lung tissue and may trigger changes that grow into cancer. If you smoke, it's never too late to benefit from quitting. The American Lung Association can help whenever you are ready.

Avoid Exposure to Pollutants That Can Damage Your Lungs
Secondhand smoke, outdoor air pollution, chemicals in the home and workplace, and radon all can cause or worsen lung disease. Make your home and car smoke free. Test your home for radon. Avoid exercising outdoors on bad air days. And talk to your healthcare provider if you are worried that something in your home, school or work may be making you sick.

Prevent Infection
A cold or other respiratory infection can sometimes become very serious.

Get Regular Healthcare
Regular check-ups help prevent diseases, even when you are feeling well.

Exercise
Aerobic exercise helps improve your lung capacity. Specific breathing exercises can also help improve your lung function if you have certain lung diseases, like COPD.

For More information

Call the Township of Mount Olive Health Department at 973-691-0900 ext. 7330
Created by the Township of Mount Olive Health Department.