



OCTOBER IS HEALTHY LUNG AWARENESS

MONTH (1-31), WHICH IS SPONSORED BY THE *AMERICAN LUNG ASSOCIATION (ALA)*. IT IS AN IDEAL TIME TO EDUCATE THE PUBLIC 'AT LARGE' ABOUT WAYS ONE CAN KEEP THEIR LUNGS HEALTHY. AS WE WORK, PLAY AND SLEEP, OUR LUNGS WORK QUIETLY DOING ITS PRIMARY JOB-- *PROVIDING OXYGEN INTO OUR BLOODSTREAM SO THAT IT CAN BE DELIVERED TO THE CELLS THROUGHOUT OUR BODY*. BECAUSE BREATHING IS SOMETHING WE DO WITHOUT MUCH CONSCIOUS EFFORT, WE OFTEN TAKE IT FOR GRANTED UNTIL IT BECOMES COMPROMISED. VARIOUS MEDICAL DISORDERS AND/OR LUNG DISEASES, WHICH CAN BE SEASONAL OR CHRONIC, DO AFFECT A PERSON'S OVERALL HEALTH AND ABILITY TO DO DAILY ACTIVITIES. WITH THE 'SEASONAL' [FLU](#) SEASON HERE AND NEWS ABOUT THE H1N1 VIRUS, THIS YEAR TAKE STEPS TO KEEP YOUR LUNGS HEALTHY THIS YEAR. HERE ARE 5 TIPS: **TIP #1: DON'T SMOKE.** IT SEEMS OBVIOUS, BUT IT'S WORTH RESTATING: SMOKING KILLS, AND STARTS BY DAMAGING YOUR LUNGS WITH EVERY PUFF. **TIP #2: EAT YOUR FRUITS AND VEGETABLES, & DRINK WATER .** EATING FRUITS AND VEGETABLES ARE HIGH IN ANTIOXIDANTS LIKE VITAMINS A, C AND E. HEALTH PROFESSIONALS AGREE THAT IT IS BEST TO GET THESE FROM FOOD RATHER THAN FROM SUPPLEMENTS. THE OUTER PERIMETER OF THE GROCERY STORE TENDS TO BE WHERE YOU FIND PRODUCE, MEAT AND DAIRY SECTIONS AND OTHER GOOD THINGS TO EAT THAT DON'T COME IN A BOX! DON'T FORGET TO DRINK YOUR WATER BECAUSE OUR LUNG TISSUE LIKES TO BE MOIST AND AS OUR LUNGS EXHALE, THEY LOSE MOISTURE--





REPLENISH IT. **TIP #3: BREATHE THE CLEANEST AIR POSSIBLE.** SMOGGY, POLLUTED AIR ISN'T GOOD FOR ANYONE. HOWEVER THOSE WITH COMPROMISED LUNG FUNCTION, IN PARTICULAR, NEED TO AVOID ALERT-WORTHY CONDITIONS AND HIGH ALLERGY DAYS BY OPTING TO STAY INDOORS AND CONTROL THEIR EXPOSURE ON THESE DAYS. LIKEWISE, THOSE WITH ALLERGIES, ASTHMA AND CHRONIC OBSTRUCTIVE PULMONARY DISEASE [COPD] SHOULD AVOID BREATHING SECONDHAND SMOKE. AVOIDING OUTDOOR ACTIVITIES DURING PEAK TRAFFIC HOURS AND EXERCISING OR WORKING OUTSIDE ON ORANGE, RED, OR PURPLE POLLUTION DAYS IS STRONGLY ADVISED. **TIP #4: GET YOUR FLU AND/OR PNEUMONIA IMMUNIZATION .** THE *ALA* AND THE *CENTER FOR DISEASE CONTROL AND PREVENTION [CDC]* URGES ALL TO AMERICANS, YOUNG AND OLD TO GET VACCINATED THROUGHOUT THE ENTIRE 'SEASONAL INFLUENZA SEASON [OCTOBER THRU MARCH]. *ALA* AND *CDC* RECOMMEND ALL SCHOOL AGE CHILDREN [5 THRU 18 YEARS OF AGE] BE VACCINATED, SINCE THIS POPULATION OFTEN IS AMONG THE MAIN TRANSMITTERS OF THE FLU VIRUS. SENIORS [70 YEARS OF AGE AND OLDER] SHOULD RECEIVE THE INFLUENZA VACCINE EVEN THOUGH THEY MAY NOT DEVELOP THE SAME LEVEL OF PROTECTION AGAINST THE VIRUS AS THEIR YOUNGER COUNTERPARTS. HOWEVER, THE *ALA* AND *CDC* FIND THAT SENIORS, WHO HAVE BEEN VACCINATED, DISCOVERED THAT THE VACCINE PROVIDES SOME DEGREE OF PROTECTION, WHICH GIVES SENIORS FEWER SIDE-EFFECTS DURING THE FLU SEASON. **TIP # 5: MOVE IT OR LOSE IT .** ASIDE FROM NOT SMOKING, ENDURANCE EXERCISE, WALKING, BICYCLING, GARDENING, AND OTHER





SUSTAINED ACTIVITIES ARE VERY BENEFICIAL TO YOUR OVERALL HEALTH AND HELP TO KEEP YOUR LUNGS HEALTHY! ON THE ST. ANTHONY HEALTH MINISTRY WEBSITE AND IN THE CHURCH NARTHEX ARE [FLU FACT INFORMATION MATERIALS](#). PLEASE READ THESE AND SHARE THIS INFORMATION. FOR MORE INFORMATION ON THIS YEAR'S FLU FACTS AND SHOT CLINICS, CHECK WITH YOUR OWN PHYSICIAN OR GO TO [/HTTP://WWW.FLUCLINICLOCATOR.ORG/](http://www.flucliniclocator.org/) --[SACRAMENTO COUNTY FLU CLINIC](#) SITES HAVE FLU SHOTS FOR \$10.00. ONE SITE ON THURSDAY, NOVEMBER 5TH 10AM--2PM @ PANNELL CENTER [2450 MEADOWVIEW ROAD] HAS A [FREE FLU CLINIC](#). FOR MORE INFORMATION CALL 916.875.7053.

