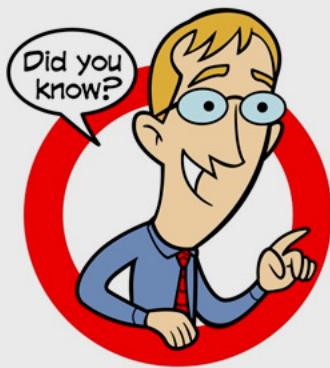




The Respiratory System

What Your Kids Learned Week Three:

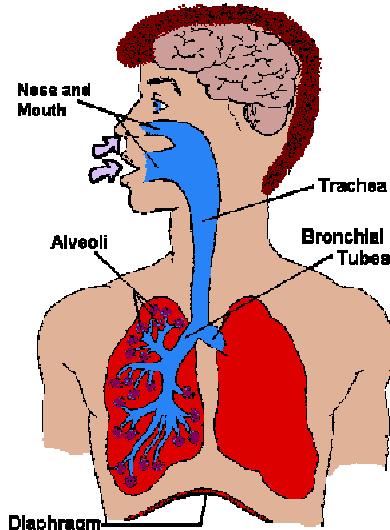
The heart & lungs work together to provide OXYGEN to all parts of the body.



EXERCISE
makes this system better by doing the following:

- 1) Increasing the lung's capacity for air
- 2) Strengthening the heart & allowing it to pump more efficiently

POLLUTANTS such as first- & secondhand tobacco smoke, force the lungs & heart to work harder by decreasing lung capacity.



<http://www.sk.lung.ca/graphics/anatomy/lungs5c>

Weekly Family Challenge

The Evening Walk

During the warmer months, take a 20-minute walk around the neighborhood after dinner.

During the cooler months, walk up & down the stairs for 10 minutes in the evening.

Take deep breaths to get your heart & lungs working to deliver oxygen, sugar energy, & other nutrients to all parts of the body.

Health in the News: Asthma from Work

Do you wheeze, cough or feel short of breath at work, but not during weekends or on vacations? If so, you may have occupational asthma, a lung condition caused by inhaling workplace fumes, gases or dust.

Self-Care and Prevention

A. AVOID Irritating Gases

Sulfur dioxide: a pollutant released by coal-burning power plants

Nitrogen dioxide: a pollutant released by automobiles and natural gas stoves

Chlorine: a disinfectant used in swimming pools

"When recognized and treated early, occupational asthma is usually reversible."

B. EXERCISE

Regular exercise can strengthen your heart and lungs so that they don't have to work so hard.

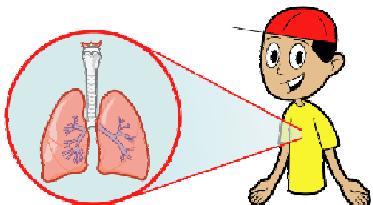
Aim for 30 minutes of exercise on most days.

Avoid exercising outside on "high-pollen" days. Quit smoking to protect from developing asthma & other lung problems.



C. MINIMIZE Household Allergens

Common household substances, such as mold, pollen, dust mites and pet dander, can aggravate symptoms of occupational asthma. Air purifiers are a good way to fight allergens.



**"In developed countries, it's the most common work-related lung disease...
...can develop if you never had asthma before..."**

Reference: MayoClinic.Com. "Occupational Asthma. <http://mayoclinic.com/health/occupational-asthma/DS00591>