



# Take a Deep Breath Your Lungs Will Thank You

## Lung Health & Tobacco Control Awareness

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MedNet Lung Health & Tobacco Control Awareness Newsletter

August 2026 Edition

## Breathe Better. Live Better.

Your lungs never take a break. Day and night, they supply your body with the oxygen it needs to keep your heart beating, your brain working, and your muscles moving.

The good news? Small healthy choices today can help keep your lungs strong for years to come.

This month, discover simple ways to protect your lungs and make every breath count.

## Why Lung Health Matters

Think about all the things you do every day—walking, working, exercising, playing with your children, or simply climbing stairs.

Healthy lungs make all of these easier.

But tobacco smoke, air pollution, respiratory infections, and other harmful exposures can damage the lungs over time—often without obvious warning signs.

Taking care of your lungs today can help lower your risk of serious health problems in the future.

## Did You Know?



Your lungs contain around 300 million tiny air sacs (alveoli) that exchange oxygen with your bloodstream



An average adult breathes approximately 20,000 times every day.



Tobacco use remains one of the leading preventable causes of disease and premature death worldwide.



Regular physical activity helps strengthen your breathing muscles and improves lung efficiency.

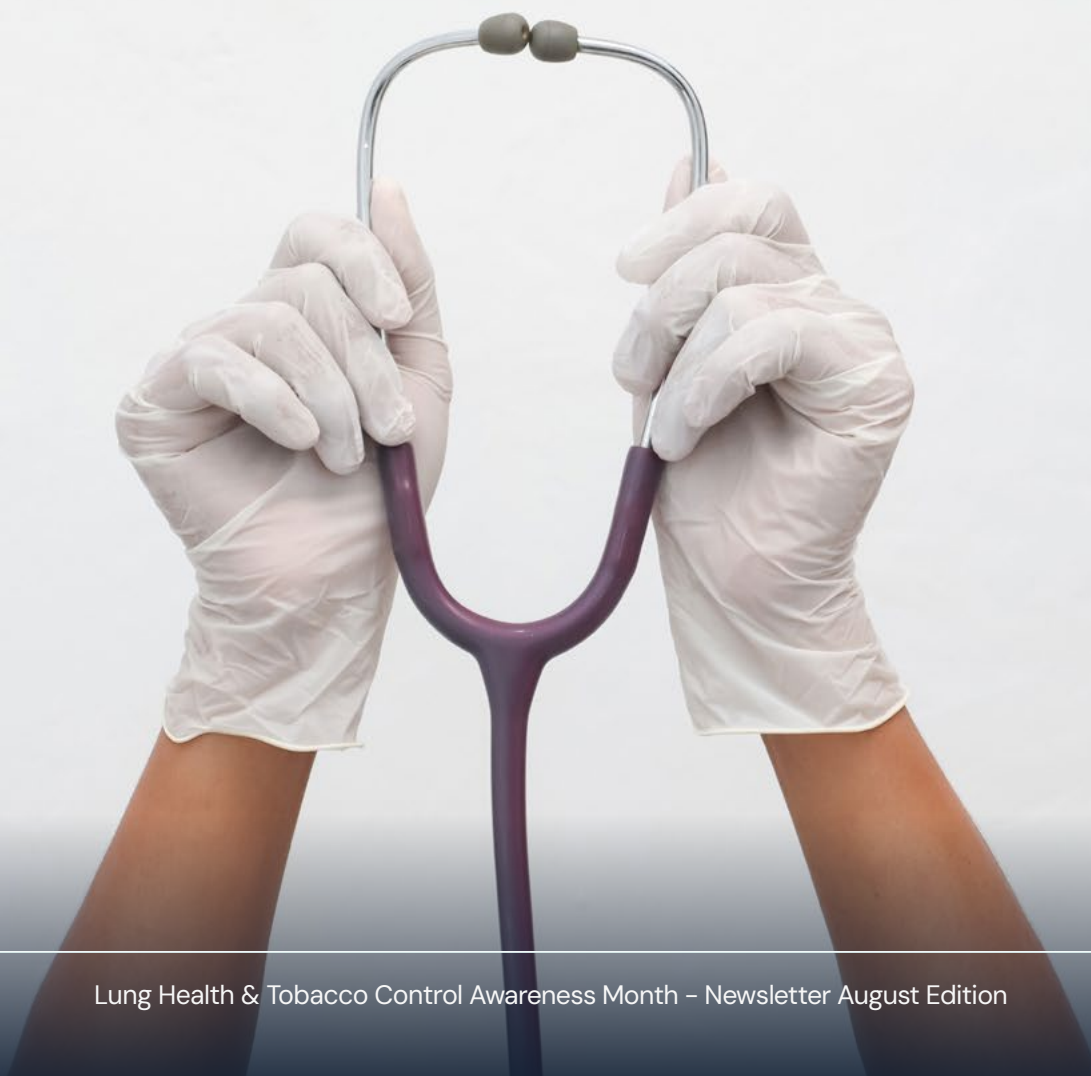
# Listen to Your Lungs

**Occasional coughing can be normal. However, don't ignore symptoms that last or keep returning.**

Speak to a healthcare professional if you experience:

- A cough lasting more than three weeks
- Shortness of breath during everyday activities
- Wheezing or chest tightness
- Frequent chest infections
- Coughing up blood
- Unusual tiredness related to breathing

Early attention can make a big difference.





## Simple Ways to Keep Your Lungs Healthy

Healthy lungs are built through everyday habits.



### Stay Smoke-Free

Smoking damages nearly every organ in the body, especially the lungs. If you smoke, quitting is one of the best decisions you can make for your health. If you don't smoke, avoid exposure to second-hand smoke whenever possible.



### Keep Moving

Aim for at least 30 minutes of physical activity most days of the week. Walking, cycling, swimming, or any activity you enjoy can help strengthen your lungs and improve breathing.



### Improve the Air Around You

Fresh, clean air matters. Open windows when possible, reduce indoor dust, and ensure good ventilation at home and work.



### Stay Hydrated

Water helps keep the airways moist and makes it easier for your lungs to do their job.



### Practice Deep Breathing

Just a few minutes of slow, deep breathing each day can help expand the lungs, improve relaxation, and reduce stress.





## Tobacco's Hidden Impact

Many people think smoking only harms the lungs—but its effects reach much further.

Tobacco use increases the risk of:



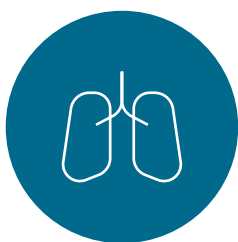
Heart disease



Stroke



Several types  
of cancer



Chronic lung  
disease (COPD)



Reduced fitness  
and stamina



A weaker  
immune system

Even second-hand smoke can increase health risks for family members, friends, and coworkers.

## The Benefits of Quitting Begin Almost Immediately

It's never too late to quit.

### After 20 Minutes

Heart rate and blood pressure begin moving back toward normal.

### Within 24 Hours

Carbon monoxide levels in the blood drop significantly.

### Within a Few Weeks

Breathing becomes easier, circulation improves, and physical activity feels less exhausting.

### Over Time

The risk of lung disease, heart disease, and several cancers continues to decrease.

Every quit attempt is a step in the right direction.





## Myth vs. Fact

### Myth

"I've smoked for years, so quitting won't make a difference."

### Fact

Quitting at any age benefits your health. The earlier you stop, the greater the benefits—but it's never too late to improve lung function and lower your risk of serious disease.

### Myth

"Only smokers get lung disease."

### Fact

Anyone can experience lung problems. Air pollution, workplace exposures, respiratory infections, genetics, and second-hand smoke all play a role.

### Myth

"Vaping is completely harmless."

### Fact

While some products may expose users to fewer harmful chemicals than cigarettes, vaping is not risk-free. Many vaping products contain nicotine and other substances that may affect lung health.

## Your Lung Health Checklist

- Choose smoke-free environments
- Stay physically active
- Drink enough water
- Get enough sleep
- Keep vaccinations up to date when recommended
- Wear appropriate protection if exposed to dust or chemicals at work
- Schedule regular preventive health check-ups





## Healthy Habits, Made Easier

Taking care of your lungs starts with staying connected to your healthcare. With **HealthPass**, you can easily access your digital health services, review your healthcare information, and manage your benefits—all in one place. Whether you're arranging a consultation or keeping track of your healthcare journey, having convenient access makes it easier to stay proactive about your well-being.

## Every Breath Counts

Healthy lungs help you live, work, move, and enjoy life to the fullest. Small choices—like avoiding tobacco, staying active, and seeking medical advice when needed—can make a lasting difference. This August, take one simple step toward protecting the breath that powers every moment.

## Quick Wellness Challenge

This week, try to:

- Take a 20-minute walk outdoors.
- Practice five minutes of deep breathing.
- Choose one smoke-free space to spend more time in.
- Encourage a friend or family member to join you in making one healthy change.

Sometimes, the smallest habits create the biggest impact.

## Care You Feel. Integrity You Trust

Healthy lungs are the foundation of a healthier life. Every step toward quitting tobacco is a step toward better breathing, greater wellbeing, and a brighter future.

This Lung Health & Tobacco Control Awareness Month, let's raise awareness, encourage healthier choices, and help create a smoke-free future for everyone.

**MedNet Team**

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