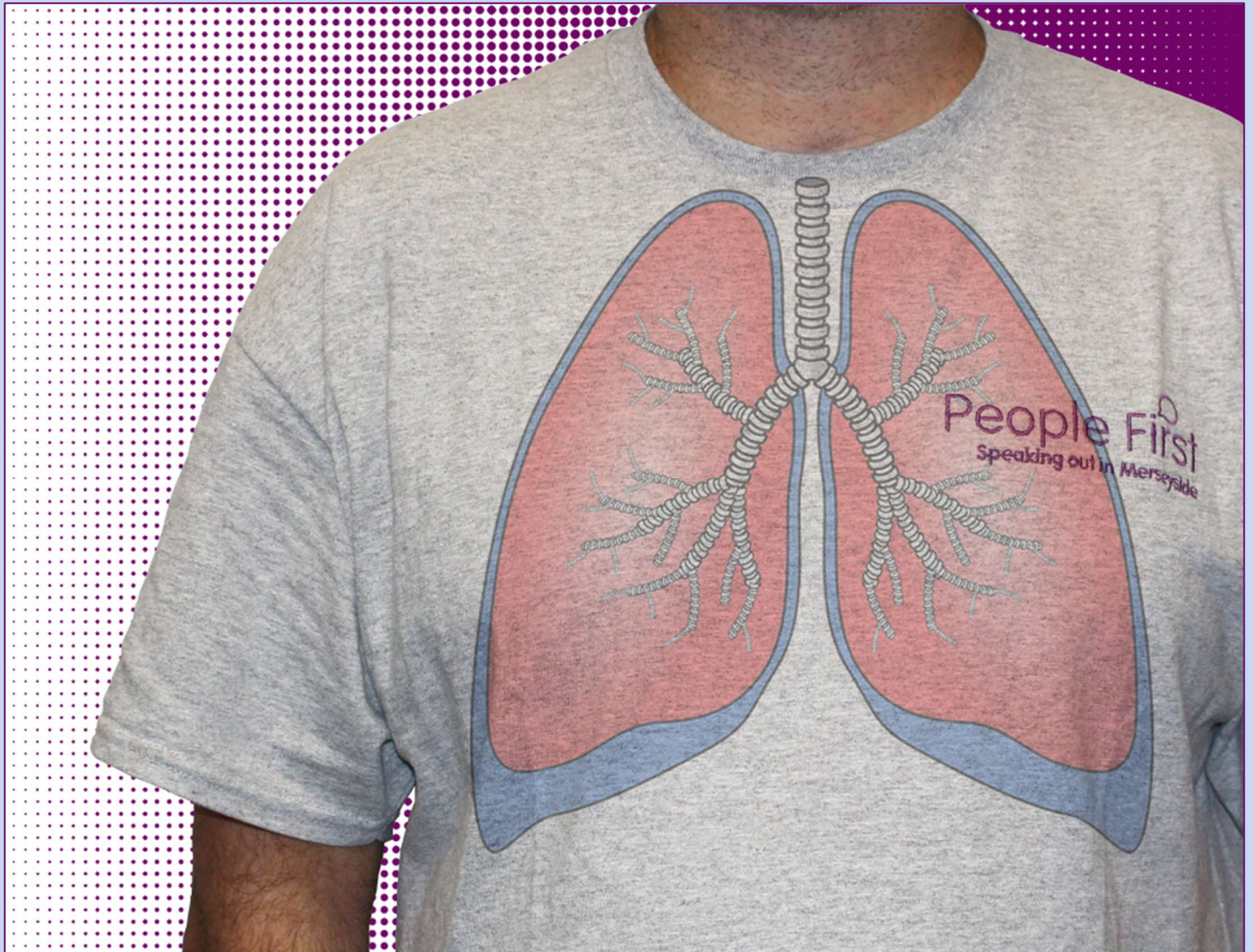


LOOK AFTER YOUR LUNGS



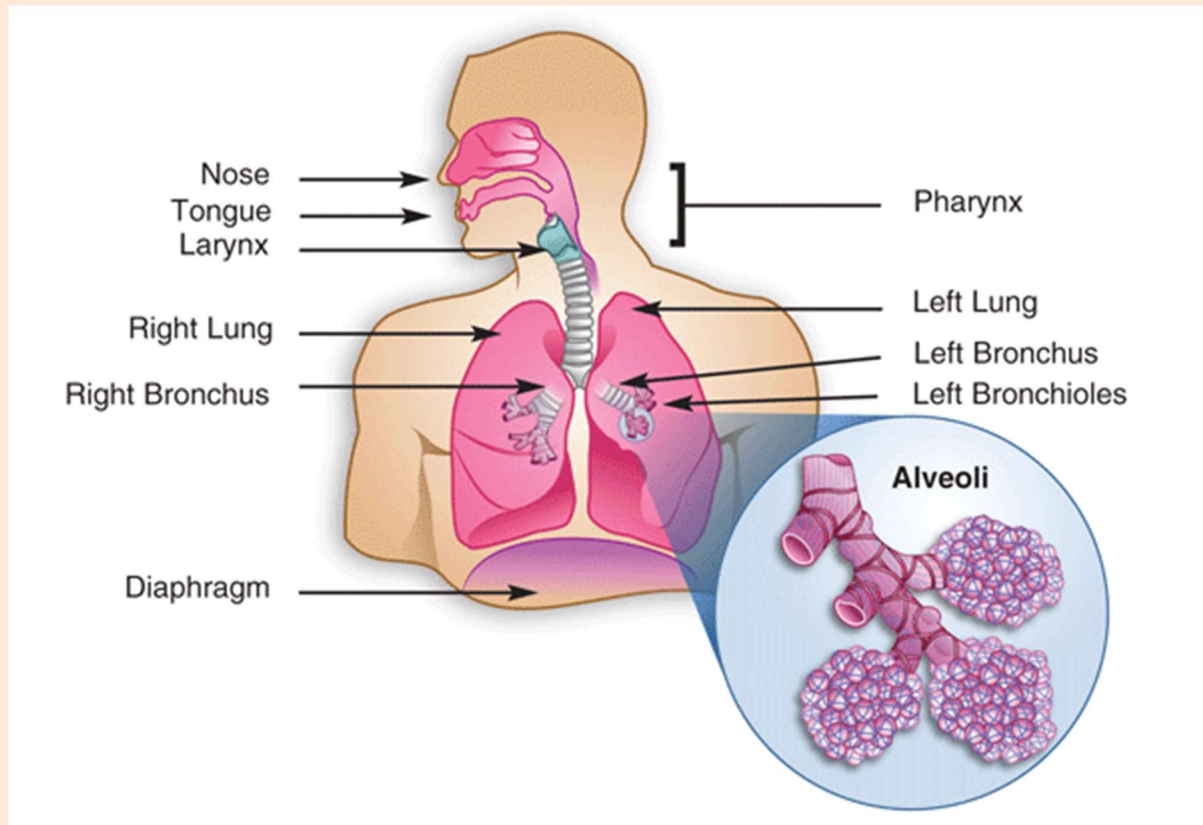
A GUIDE TO YOUR LUNGS FOR ADULTS WITH LEARNING DISABILITIES

This booklet has been developed by **People First Merseyside**
for use by **NHS England Cheshire and Merseyside**

People First
Speaking out in Merseyside



ALL ABOUT YOUR LUNGS



Your lungs take in oxygen every time you breathe in.



This oxygen is sent around your body in your blood to give you energy to do things.

When you breathe out your lungs get rid of carbon dioxide, which your body does not need.



LUNG DISEASES

Some of the common lung diseases for adults with learning disabilities are:

ASTHMA can make you wheeze, which makes it hard to breathe (this is called an asthma attack).

Allergies, infections or air pollution can set off an asthma attack.



CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) is used to describe several lung diseases.

COPD stops you breathing in and out normally, which makes it difficult to breathe.



EMPHYSEMA is a type of COPD that leads to air being trapped in the lungs.

This makes it difficult to breathe.

PNEUMONIA is an infection of the air sacs in your lungs (alveoli).

This infection is usually caused by bacteria.



THINGS TO LOOK OUT FOR



Not wanting to eat or unexpected weight loss.



Having a sore throat or a cough that won't go away.



Chest tightness.



Coughing up blood.



Pain in your chest or shoulder.



Regular chest infections.



A change in a cough that you have had for a long time.



Wheezing or getting out of breath more than normal.

**TALK TO YOUR DOCTOR IF ANY OF
THESE THINGS ARE HAPPENING TO YOU**

TRY THESE FUN LUNG EXERCISES!



1) Raise both of your arms into the air and hold for 5 seconds.



2) Lower both of your arms to your side.



3) Raise both of your arms up so they are pointing forward.



4) Stretch both of your arms back and hold for 5 seconds.



5) Return both of your arms so they are pointing forward.



6) Stretch your right arm back and hold for 5 seconds.



7) Return your right arm so both arms are pointing forward.



8) Stretch your left arm back and hold for 5 seconds.



9) Return your left arm so both arms are pointing forward.



1) Hold your hand in front of your face and breathe in deeply.



2) Pretend your fingers are candles and blow out the first candle.



3) Repeat for each finger!

BEING MORE ACTIVE

Being more active is a great way to take care of your lungs.

Being more active can make your lungs stronger and help reduce your risk of getting a lung disease.

TRY THESE TOP TIPS TO BE MORE ACTIVE!



Use the stairs instead of the lift or escalator.



Use a shopping basket instead of a trolley.



Do some gardening.



Do some housework.



Get off the bus a stop earlier and walk.



Dance like nobody is watching!

SMOKING

Smoking is one of the worst things you can do for your lungs and can lead to lung diseases, such as COPD.

If you have a lung disease and you smoke your lungs will get more damaged much quicker than if you didn't smoke at all.

If you stopped smoking the ongoing damage to your lungs would slow down.

If you don't have a lung disease then stopping smoking is the best thing you can do because your lungs will start to get better after just a few weeks. Your breathing will get better and you'll be able to be more active without losing your breath.

You may find that you cough more if you stop smoking, but that is a good sign because that is your lungs cleaning themselves out.

Stopping smoking can be difficult so if you need help speak to your doctor or call Smokefree on **0300 123 1044**.



VACCINATIONS

A vaccination is an injection from a needle (also known as a “jab”) that helps protect you against diseases.

As an adult with a learning disability, you are entitled to a Flu Jab every year.

You may also be entitled to a Pneumonia Jab, which you only need to get once.

These jabs will help lower the chance of you getting a lung disease and help you to keep your lungs healthy.



HELP & SUPPORT

You can speak to your doctor or your chemist for help on anything from advice on how to improve your health to support to stop smoking.



You can also get non-emergency medical advice by calling the NHS helpline for free on **111**.

For advice about living with a lung disease, you can call the British Lung Foundation on **03000 030 555**.

