



Employee Newsletter

October 2015

Fun Lung Facts

- Your left lung is slightly smaller than your right.
- If you spread out the surface area of your lungs, it would take up a tennis court.
- A sneeze travels at roughly 100mph
- An average person breathes 12-15 times a minute. That equals around 17,000 a day and over 6 million times a year!!

"Breath is the finest gift of nature. Be grateful for this wonderful gift."

-Amit Ray



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Common Lung Problem Warning Signs

Lung disease comes in many different forms. Some of the most common forms are; lung cancer, asthma, COPD, and influenza. If you have any of these warning signs contact your healthcare provider as soon as possible.

- Chronic Chest Pain: Unexplained chest pain lasting a month or more- pay special attention if it gets worse when breathing in or coughing.
- Chronic Cough: This is one of the earliest signs that something is wrong. See your doctor if you have a cough lasting for a month or longer.
- Shortness of Breath: If you've just finished strenuous exercise, this is expected. However, if you get short of breath after little to no exertion, it's time to make an appointment.
- Wheezing: This is caused by narrowing of the airway or a blockage of some sort.
- Coughing up Blood: This may be in the form of bright red blood or it may look pink and frothy. No matter where it's coming from, unexplained bleeding is a sign of a health problem.
- Chronic Mucous Production: Mucous is produced to defend against infection and irritants. If this has lasted longer than a month, it may be a sign of lung disease.

Breathe Easy, Protect Your Lungs

Your lungs are extremely important to your health and your life! This month focus on taking special care of them.

- Don't smoke! Cigarette smoking is the leading cause of COPD, lung cancer, and premature death in developed countries.
- Vaping and E-cigarettes also damage lung tissue by causing inflammation and making them susceptible to invasion by foreign substances.
- Avoid secondhand smoke, outdoor air pollution, and dangerous chemicals as much as possible.
- Prevent infection. Wash your hands often, brush your teeth twice a day, and stay up to date on your pneumonia and annual flu vaccines.
- If you're sick, stay home and keep your distance from people. Keep your family and friends safe from your ailments!
- Stay on track with your annual physical even if you don't feel sick. Early detection can help stop the spread of disease before it's too late.