



PRESENTED BY:



Lesson 6 – Lung Disease

Lung Disease

Lung disease is any disease that impacts the lungs therefore impeding the respiratory system’s ability to function successfully. Lung disease can come in many forms including lung cancer, asthma, influenza and COPD.

Lung Cancer

Lung cancer is a complicated disease affecting over 370,000 Americans each year. Smoking is the leading cause of lung cancer, but it is not the only contributing factor. Other factors include air pollution, genetics and Radon (a colorless, radioactive gas).

Asthma

Asthma makes breathing difficult for millions of Americans, both young and old. There is no cure for asthma, but it can be managed and treated

so you can live a normal, healthy life. Understanding asthma triggers is an important factor in treating it.

Influenza

Influenza, or the flu, is a serious respiratory illness. It is easily spread from person to person and can lead to severe complications, even death. To minimize the spreading of influenza we should all do our part by consistently washing our hands.

COPD

COPD, also known as emphysema and chronic bronchitis, is the third leading cause of death in the United States. The good news is that COPD is often preventable and treatable. The number one thing we can all do to prevent COPD is maintain a smoke free environment.

GET EDUCATED: The American Lung Association provides a free program called *Open Airways for Schools* that educates and empowers students to become proactive in asthma self-management. The program teaches students how to detect warning signs of asthma, and how to identify and avoid asthma triggers. To bring *Open Airways for Schools* to your classroom email the following information to cfalik@lungs.org or call (405) 748-4674.

Teacher’s Name: _____

School Name: _____

Contact Email: _____

Contact Phone Number: _____

You can also mail the above form to:

The American Lung Association
730 W. Wilshire Blvd, Suite 105 | Oklahoma City, OK 73116



Oklahoma’s future begins in the classroom.