- Lungs

10 tips to improve lung health

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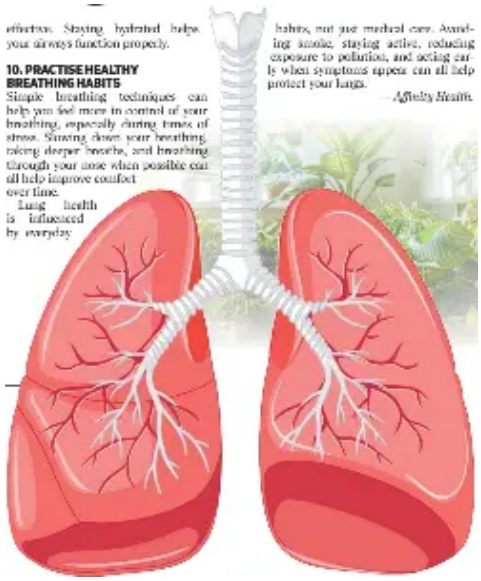
Breathing is something most people take for granted, yet our lungs are constantly exposed to smoke, dust, infections, chemicals, and polluted air.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10. PRACTISE HEALTHY BREATHING HABITS

Simple breathing techniques can help you feel more in control of your breathing, especially during times of stress. Slowing down your breathing, taking deeper breaths, and breathing through your nose when possible can all help improve comfort over time.

Lung health is influenced by everyday habits, not just medical care. Avoiding smoke, staying active, reducing exposure to pollution, and acting early when symptoms appear can all help protect your lungs.

Affinity Health.

The World Health Organisation (WHO) highlights tobacco and air pollution as two of the biggest threats to respiratory health worldwide. Taking care of your lungs is not just about avoiding illness; it also affects your energy levels, sleep, immunity, and overall quality of life.

Simple daily habits can go a long way in protecting lung function and lowering the risk of long-term respiratory problems.

If there is one change that makes the biggest difference, it is this: stop smoking. Smoking slowly damages lung tissue, narrows the airways, and keeps the lungs in a constant state of irritation.

Vaping is often seen as a better option, but it still exposes the lungs to chemicals that can cause harm.

The good news is that quitting, even later in life, can still improve lung function and reduce future risk.

Breathing in someone else's smoke isn't harmless, as it can irritate the lungs and increase the risk of infections and longterm damage, especially for children and older adults.

Keeping your home and car smoke-free is a simple but important step.

Air quality plays a bigger role in lung health than many people realise. Pollution, both indoors and outdoors, can irritate the airways and worsen breathing over time.

Simple ways to limit exposure include:

• Avoiding outdoor exercise when the air quality is poor.

• Opening windows to improve airflow indoors.

• Cutting back on strong cleaning products and chemical fumes.

Regular exposure to dust, cleaning sprays, paint, or other strong chemicals can gradually affect your lungs. You might not notice it immediately, which is why it is often overlooked.

Wearing the right protective gear and keeping spaces well-ventilated can make a real difference over time.

You do not have to push yourself through intense workouts to support your lungs. Staying active in simple ways helps your body use oxygen more effectively and can make day-to-day tasks feel easier. A daily walk, a swim, or even regular light exercise can all help.

Extra weight can make breathing feel more difficult, especially when you are active or trying to rest. Keeping your weight within a healthy range can ease the pressure on your lungs and help you breathe more comfortably.

Infections such as flu and pneumonia can severely affect the lungs and lead to serious complications. Staying up to date with recommended vaccines can help reduce this risk, particularly if you are susceptible to illness.

It is easy to brush off symptoms, but your lungs often provide early clues when something is not right.

Watch out for:

• A cough that does not go away.

• Shortness of breath during normal activity.

• Wheezing or a tight feeling in the chest.

Your lungs rely on moisture to clear out mucus, dust, and germs. Not drinking enough fluids can make this process less effective. Staying hydrated helps your airways function properly.

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