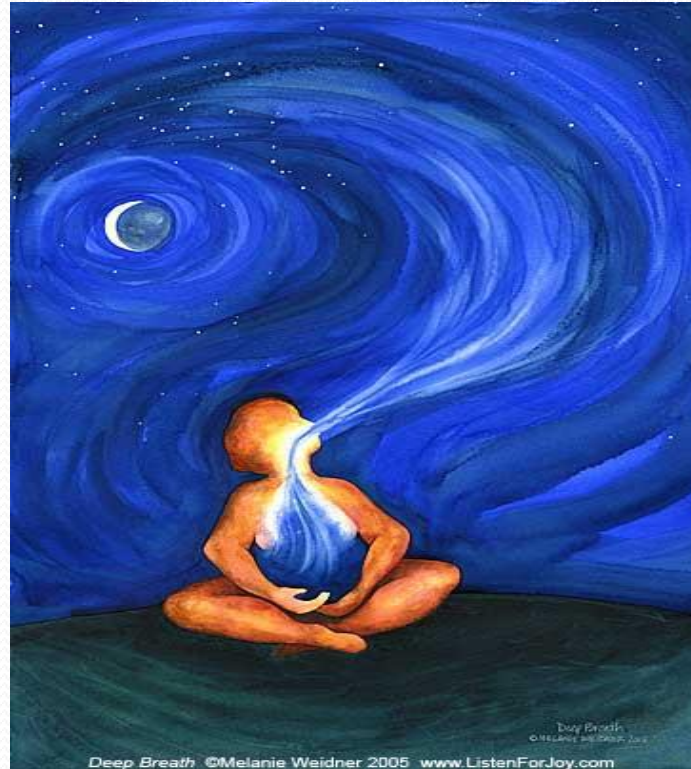




# *Easy Breathing*



What does pneumonia,  
COPD and asthma look like?

- Nearly 15 percent, or about one out of seven, middle-aged and older U.S. adults (ages 40-79) suffer from lung disorders such as asthma or chronic obstructive pulmonary disease (COPD).



# Overview

- Vaccines for adults over 65
- Pneumonia
- Asthma
- COPD-Chronic bronchitis and emphysema

# Vaccines for adults over 65

- Influenza (flu) vaccine
- Pneumococcal vaccine (2 shots 1 year apart)
- Shingles vaccine (2 shots)
- Tetanus, diphtheria and pertussis (Tdap) vaccine (every 10 yrs)
- COVID-19 vaccine

Talk with your provider about your immunizations

# Pneumonia

- Why is pneumonia so dangerous? - Eve Gaus and Vanessa Ruiz
- [https://www.youtube.com/watch?v=K\\_r-kMJjh8Y](https://www.youtube.com/watch?v=K_r-kMJjh8Y)

# Pneumonia tests

- **Blood tests:** to identify the type of organism causing the infection.
- **Chest X-ray:** to diagnose and determine the extent and location of the infection
- **Pulse oximetry:** measures the oxygen level in your blood. Pneumonia can prevent your lungs from moving enough oxygen into your bloodstream.
- **Sputum test:** sample of fluid from your lungs (sputum) is taken after a deep cough and analyzed to help pinpoint the cause of the infection.



# Treatment

- **Antibiotics.** These medicines are used to treat bacterial pneumonia once the organism is identified.
- **Cough medicine.** This medicine may be used to calm your cough so that you can rest. Because coughing helps loosen and move fluid from your lungs, it's a good idea not to eliminate your cough completely.
- **Fever reducers/pain relievers.** You may take these as needed for fever and discomfort. These include drugs such as aspirin, ibuprofen and acetaminophen.



# Asthma

- <https://www.youtube.com/watch?v=PzflDi-sL3w>
- How does asthma work? - Christopher E. Gaw



# Asthma Triggers

Mold



Pets



Smoke

Dust



Chemical odors



Grass and weeds



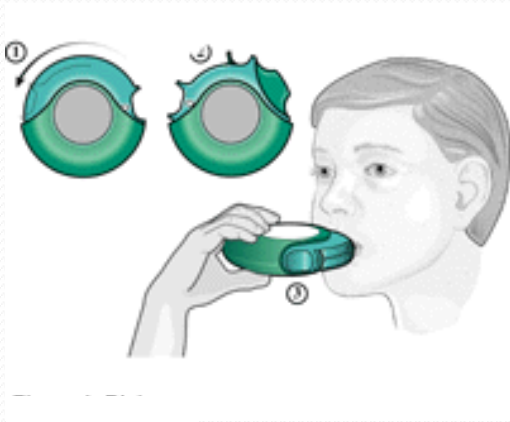
Cockroaches



# Asthma Medications

## Maintenance

take daily to control  
inflammation



## Rescue

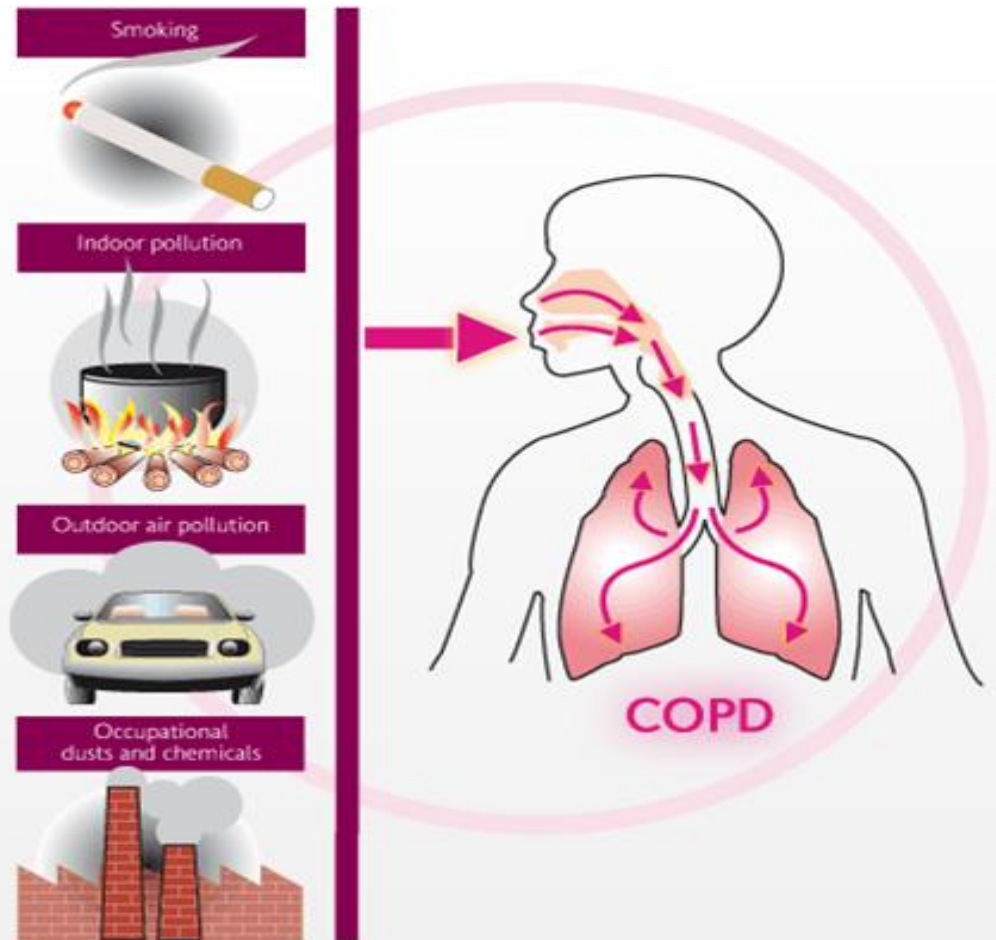
take as needed to  
open airways quickly



# COPD

## Chronic Obstructive Pulmonary Disease

- Chronic Bronchitis
- Emphysema



# COPD



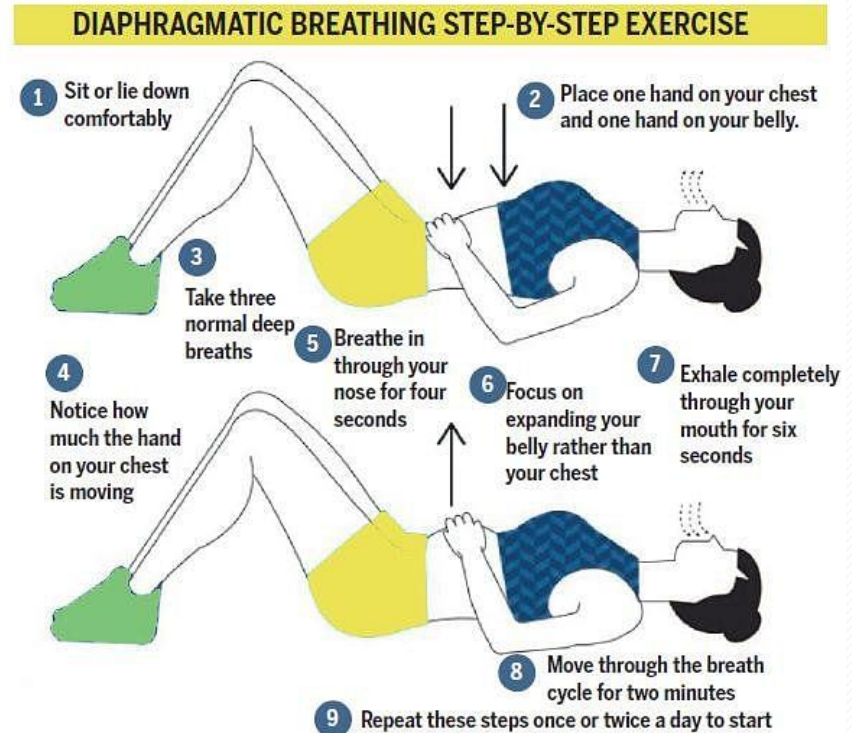
- <https://youtu.be/T1G9Rl65M-Q>

Understanding COPD



# COPD – Breathing Techniques

- Breathing Techniques that may help
  - Purse Lip Breathing
  - Diaphragmatic (belly)



# The Cycle Continues...





# Summary

- See your doctor to get a diagnosis
- Proper treatment plan
- Breathing techniques

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