



Every Breath Counts Honouring Lung Health This World Lung Day

Lungs are vital organs, working constantly to keep us alive and thriving. The guiding principle remains clear: Healthy Lungs, Healthy Life.

Most people are familiar with lung health threats such as asthma, Chronic Obstructive Pulmonary Disease (COPD), and lung cancer. What often gets overlooked are rare lung diseases that can be equally impactful and deserve awareness. Some of these include:

Pulmonary Hypertension:

A condition where the arteries in the lungs become narrowed and stiff, leading to high pressure in these vessels and strain on the right side of the heart. Symptoms include shortness of breath, fatigue, and reduced exercise tolerance.

Sarcoidosis:

An inflammatory condition where the immune system forms tiny clusters of cells (granulomas) in various organs—commonly the lungs, lymph nodes, or eyes. Symptoms may include chronic cough, breathlessness, skin rashes, and eye problems. Timely evaluation and treatment by a pulmonologist are crucial.

Alpha-1 Antitrypsin Deficiency:

An inherited genetic disorder where lack of the protective protein alpha-1 antitrypsin makes the lungs vulnerable to damage. It can cause chronic cough, wheezing, and shortness of breath, and may also affect the liver. Individuals with a family history should undergo early screening.



Bronchiectasis:

A condition where airways become permanently widened and scarred, making it difficult to clear mucus effectively. This leads to recurrent lung infections, cough, and sputum production.

Lung Treatments: A Turning Point, Not the End

A diagnosis can be daunting, but it's not the end. With the right treatment and support, you can lead a fulfilling life. Manage your lung health with:

- **Healthy habits** : quit smoking, balanced diet, regular exercise
- **Medications** : inhalers, oral drugs, biologics
- **Pulmonary Rehab** : structured exercise and education
- **Oxygen therapy and surgical options** when needed

Every positive step counts – towards recovery and long-term lung health.

Let's take a moment to appreciate the gift of breath. Let's recommit to nurturing our lungs through healthy habits – staying smoke-free, exercising regularly, and protecting against pollution. Every breath is a reminder of life itself. Let's strive for "Healthy Lungs, Healthy Life".