



November is COPD Awareness Month

Healthy Lungs Pennsylvania offers tools to help COPD patients in Western Pennsylvania live healthy and active lives

CRANBERRY TOWNSHIP, PA – November 1, 2011 – Healthy Lungs Pennsylvania, an organization that has been committed to the prevention and control of lung disease in the region since 1904, is proud to recognize that November is COPD (Chronic Obstructive Pulmonary Disease) awareness month.

“We are proud to recognize COPD awareness month and hope to help raise awareness about this disease that affects many members of our local community,” said Jack Rupp, Executive Director at Healthy Lungs Pennsylvania.

COPD includes chronic bronchitis, emphysema or both, and is a progressive disease that causes irreversible lung damage. The disease is generally caused long-term exposure to airborne irritants, such as tobacco smoke, dust, chemical fumes and air pollution.

Chronic obstructive pulmonary disease is the 4th leading cause of death in the United States and kills more than 120,000 Americans each year, according to the National Heart, Lung and Blood Institute.

Early diagnosis of COPD, and proper disease management techniques are critical to helping patients breathe and live better. Healthy Lungs Pennsylvania has a number of programs and resources designed to help local residents who suffer from the condition. Since smoking can be a leading cause of COPD, Healthy Lungs Pennsylvania also offers an eight-session smoking cessation course. More information about specific disease information and various services can be found by visiting www.healthylungs.org.

Since its inception over 100 years ago, Healthy Lungs Pennsylvania has established a rich history of promoting lung health in the community. From its early days as an organization that helped fight tuberculosis in the region, to its evolution to an organization that offers programs to people with asthma, chronic lung disease, or who may be looking to quit smoking, Healthy Lungs Pennsylvania has the ability to assist anyone wishing to learn more about their lungs and how to keep them healthy.

To learn more, please visit www.healthylungs.org for additional information on services available in the community.

About Healthy Lungs Pennsylvania

Since 1904, Healthy Lungs Pennsylvania has been committed to the prevention and control of lung disease. Through our programs and services, we help local residents who suffer from respiratory ailments such as asthma and COPD, provide information and resources to health care professionals, as well as offer preventative lung health and smoking cessation resources. To learn more, visit www.healthylungs.org.

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