



AMERICAN RESPIRATORY ALLIANCE  
of WESTERN PENNSYLVANIA

*We're All About Breathing*

## **June is Nationally Recognized as “Clean Air Month”**

The month of June is nationally recognized as “Clean Air Month.” The American Respiratory Alliance of Western Pennsylvania, located in Cranberry Township, reminds the community of the health benefits of breathing clean air, not just outside but inside the home as well.

EPA research indicated that indoor air can be four to five times more polluted than the outside air! Poor indoor air quality negatively affects the health of more than 15 million Americans who have asthma and the 28 million who suffer from hay fever and other allergies.

Here are some tips from the Respiratory Alliance to improve the indoor air quality of your home:

1. Test your home for Radon. Radon is the leading cause of lung cancer among non-smokers claiming about 20,000 lives annually. The Respiratory Alliance supplies very affordable and easy to use Radon Test Kits.
2. Choose not to smoke in your home and car and do not allow family and visitors to do so. Infants and toddlers as well as those with asthma and COPD are especially vulnerable to the health risks from secondhand smoke. Moving to another room or opening a window to smoke is not enough to protect children. The American Respiratory Alliance can help you quit smoking through several different programs.
3. Uncontrolled humidity can be a source of moisture leading to mold growth. Mold can trigger asthma attacks and cause allergic reactions. Molds can be found almost anywhere; they can grow on wood, paper, carpet, foods, and insulation. When excessive moisture accumulates in buildings, mold growth will often occur, particularly if the moisture problem remains undiscovered or unaddressed. It is impossible to eliminate all mold and mold spores in the indoor environment. However, mold growth can be controlled by keeping the moisture level low indoors with dehumidifiers and air conditioning.
4. Pollen is bad this time of year as well as in the fall. The best way to reduce pollen in the home is by keeping the doors and windows closed and using an air conditioner during the months when pollen counts are highest. The Respiratory Alliance offers free pollen calendars and a daily pollen count through their website.

“The Respiratory Alliance serves ten counties in Pennsylvania with education and resources to help. We are continuously reminding people within our community about important health tips that can keep their lungs healthy.” says Executive Director of the Respiratory Alliance, Christine Weaver.

The American Respiratory Alliance is dedicated to the prevention and control of lung disease through education, training, direct services, research funding and advocacy. For more information, contact the ARA at 724-772-1750 or click on [www.healthylungs.org](http://www.healthylungs.org)

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