



**BREATHE
FREELY**

WHY ARE HEALTHY LUNGS IMPORTANT?

Your guide to looking after your lungs

HOW CAN I LOOK AFTER MY LUNGS?



Page 4 - **Being more active**

Even 10 minutes a day can make all the difference



Page 7 - **Eating a balanced diet**

Help with making healthier choices where you can



Page 12 - **Stopping smoking**

This is not easy but the right support is out there



Page 19 - **Making sure you have your vaccinations**

This will apply if you have a long term condition or are over 50 years old



Page 20 - **Knowing the warning signs and symptoms of lung conditions, including Chronic Obstructive Pulmonary Disease (COPD) and lung cancer**

Early diagnosis can help with treatment and management

There is plenty more advice in this booklet and it is just as important if you already have a lung condition.

With help and support you can manage your condition and help improve your overall lung health, even by making small changes.

For more information if you are living with a lung condition visit www.blf.org.uk or call the British Lung Foundation helpline **03000 030 555**.

For more information on the NHS Targeted Lung Health Checks Programme please visit www.lhch.nhs.uk/lung-health-check

WHY SHOULD I TAKE CARE OF MY LUNGS?



Your lungs are the part of your body that work hard every day so you can breathe.



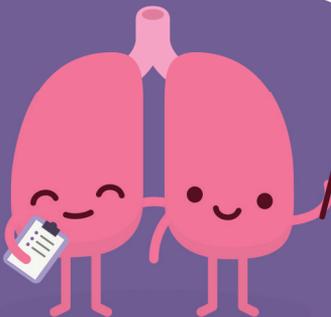
They carry oxygen from the air into your blood and release carbon dioxide from your blood into the air. Your body's cells need this oxygen to work properly.



They really don't get much rest - in one day you can breathe up to 25,000 times!



Your lungs have a natural defence system to keep out dirt and germs but several things can damage this, meaning they can't do their job as well.



The good news is there are plenty of things you can do to help your lungs work properly. This leaflet should give you the advice you need to care for your lungs in the best way possible.



HOW CAN BEING MORE ACTIVE HELP MY LUNGS?

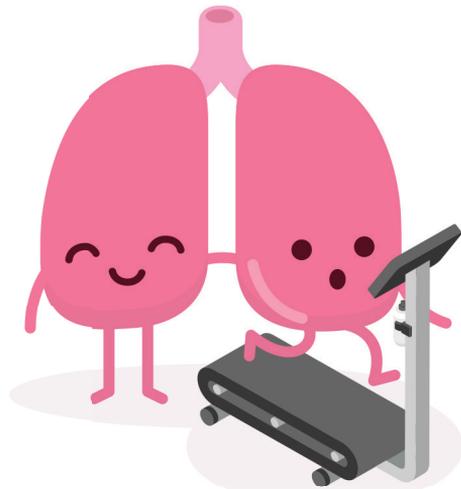
Being active is one of the best things you can do to take care of your lungs.

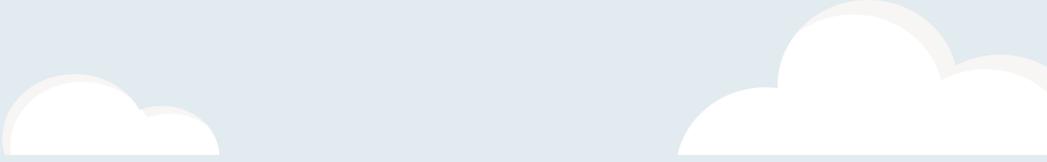
Not only does it make your lungs feel stronger and help deliver oxygen better throughout your body, it can also help reduce your risk of long-term lung conditions such as Chronic Obstructive Pulmonary disease (COPD). Being active can help you control your weight also. This is important can can affect you lung function.

Sounds good? All you need to do is find the right level of physical activity for you to feel the positive effects throughout your life...

Increasing your activity levels can:

- give you more energy
- lower high blood pressure
- strengthen the muscles you use to breathe
- strengthen your heart and improve circulation
- reduce the risk of conditions like arthritis, diabetes, heart disease, stroke and cancer
- reduce your risk of falling by improving your strength and balance
- reduce stress levels and help to reduce anxiety and depression.





What if I already live with a lung health problem?

If you have a lung condition, being active is just as important as it can benefit your overall lung health.

Physical activity can help improve your breathing, reduce symptoms and improve your quality of life. You might even be able to do things you thought you could no longer do.

Becoming more active is easier than you think!

There are many different things you can do to be more active and different levels suit different people.

Even if you feel unfit and often get breathless when being active now, it is all about finding what is right for you to begin with. You don't have to run a marathon; small amounts of activity such as taking the dog for a walk and gardening can still have a huge impact. You might be surprised at how positively it will affect your life.



HOW ACTIVE SHOULD I BE?

For adults we recommend that you are physically active for 150 minutes (2 hours and 30 minutes) of a week. You can break this down into:



30 minutes
a day for
5 days



You could start by doing **10 minutes** at a time (once/twice a day) and build this up until you reach **150 minutes**

! **Remember:** Even small amounts of physical activity will be of benefit. Start by trying to do more than you usually do. This could be:

- Getting off the bus a stop earlier and walk a bit further
- Using the stairs rather than a lift or escalator
- Trying to walk more when going on short journeys
- Doing some gardening or DIY.

! **Remember:** If you are not used to being active:

- 150 minutes a week may seem too much. Just try your best to be as active as possible and slowly build this up at a steady pace, only doing activities you feel comfortable with. If you feel you need further advice before doing this, you can talk to your GP.
- You should avoid doing any vigorous activity at first, where you breathe hard and fast and struggle to say more than a few words without pausing for breath.

It doesn't have to be too difficult:





HOW CAN EATING A BALANCED DIET HELP MY LUNGS?

A balanced diet is very important for everybody. The essential nutrients in healthy foods and fluids can help you to feel as fit as you can. This is especially important if you have an existing lung condition as it helps to prevent infections and keep your lungs as healthy as possible.

Eating a balanced diet, as well as being active will also help you to maintain a healthy weight. This is really important for your lung health as being overweight can make your breathing more difficult, making it harder for you to be active.

Ways in which to improve your diet:



Try to replace snacks with fruit and add vegetables to meals where possible aiming to eat 5 portions each day



Choose low fat dairy products, but be careful as these can be high in sugars



Try to replace eating red meat with more lean meats, including skinless chicken, turkey and fish. You can also have red meat with fat trimmed off, which is healthier



Choose wholegrain carbohydrates where possible including wholemeal bread, rice and pasta



Try to lower your salt intake by not adding salt at the table and reducing the amount you add to food when cooking, so that you have no more than one teaspoon of salt a day



Try to drink water regularly throughout the day. Remember that many drinks have sugar in them, even when it says 'no added sugar'



Try to avoid sugar and sugary foods

You should also try and keep an eye on the amount of alcohol you drink. Guidelines are now the same for men and women. Both are advised not to regularly drink more than 14 units of alcohol per week. If you do, you are putting yourself at risk of long-term damage to your health. This includes conditions such as liver disease, cancer, heart disease, stroke, dementia and osteoporosis (thinning of the bones).

This is what **14 units** looks like:



6 pints of
4% beer



175ml glasses of wine

6 glasses of
175ml 13% wine

It's important that you don't save up your units and have these all in one drinking session. Its best to spread this evenly across the week and have regular drink free days.

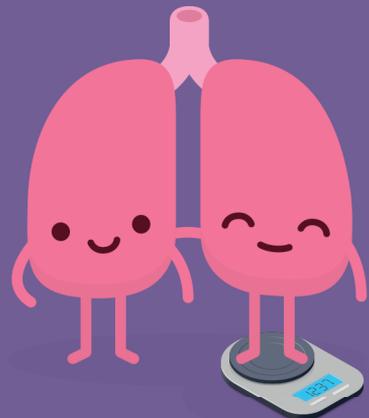
Alcohol is also very high in calories and this can lead to you becoming overweight which is bad for your lung health. You'd probably think twice about eating an extra burger and chips during the day, but if you drink four pints of lager you'd be consuming about the same amount of calories – around 720.

For more information please visit www.drinkaware.co.uk.

How do I know if I am a healthy weight?

To check your body weight you can use body mass index (BMI). Your BMI shows if you are a healthy weight for your height. For an adult aged 18 and over, a healthy weight should be maintained with a BMI between 19 and 25.

To calculate your BMI go to www.nhs.uk and search for 'BMI healthy weight calculator'.



Liverpool services that can help:

Exercise for Health

What is it?

- 12 week programme with personalised training plan
- Improves fitness and helps you to maintain a healthy weight
- A fitness instructor will be on hand for all sessions to offer support and guidance
- You will be shown how to use the gym equipment
- You will be recommended classes that are most suitable for you

There is an initial charge of £7.50 for an induction session during which the instructor will develop a personal training programme for you. After this the cost is then £1 per session.

To take part in the scheme you need to be referred by your GP so please talk to them directly.

Fit for Me

Find out more about being active with a health condition and find a local provider who can help you find an activity that will benefit your health condition.

For more information and advice please call **0151 233 6366** to speak to one of the physical activity and sports development team members.

www.fitforme.info/activities-for-people-with-a-health-condition

You can also access the Active at Home booklet:

www.fitforme.info/partner-resources/we-are-undefeatable

Healthwatch

The staff at Healthwatch can help you to find out more about what information, services and activities are available to help you manage your health needs so that you are one step closer to better lung health. Call the team on **0300 77 77 007** or search their online directory at www.wellbeingliverpool.co.uk

Halton services that can help:

Halton Exercise Referral and Lifestyle Advice:

What is it?

- Access to a one to one consultation with one of our Halton Health Improvement Team Lifestyle Advisors
- Advice on starting to get physically active no matter your starting point
- Advice on exercising with long term conditions and signposting to opportunities in the local community to get active
- Exercise classes available for those with long term heart and lung conditions

Call **0300 0290029** or email HIT@halton.gov.uk for more information.

Fresh Start Weight Management Service

What is it?

- 12 week program of education and support to help you manage your weight
- Access to our Fresh Start app, that allows you to track your exercise and diet and provides you with all the information you'll need to improve your health and wellbeing
- Access to a personal online coach from our local Health Improvement Team
- Community sessions throughout Halton that you can attend for healthy eating advice and a physical activity session
- Completely free to all Halton Residents
- You can self refer to our service

Call **0300 0290029** or email HIT@halton.gov.uk for more information.

Knowsley services that can help:

Healthy Knowsley

The Healthy Knowsley Service offers a range of advice, support and dedicated programmes to residents who want to improve their, and their families, health and wellbeing such as getting more active, healthy eating, losing weight or stopping smoking.

It can also provide information and advice around wider issues that impact on people's health and wellbeing such as debt and employment.

You can self-refer into the service by calling the freephone number **0800 0731 202** or find out more by visiting www.healthyknowsley.co.uk. This service is available to adults aged over 18 who live or work in Knowsley.

Healthwatch Knowsley

The staff at Healthwatch can help you to find out more about what information, services and activities are available to help you manage your health needs so that you are one step closer to better lung health.

Call the team on **0151 449 3954** or visit: www.healthwatchknowsley.co.uk



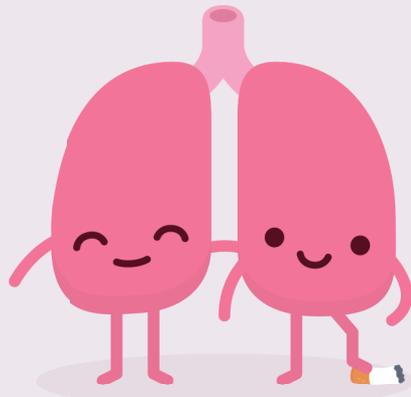
HOW DOES BECOMING SMOKEFREE HELP MY LUNGS, NO MATTER HOW LONG I'VE SMOKED?

You may think that if you already smoke tobacco cigarettes or other products such as shisha that there is no point in stopping smoking as the damage to your lungs is already done.

However, the best thing you can do is stop now and you can still make a difference to your lung health. You can slow down the damage that smoking causes to your lungs and ease your symptoms. Here are some examples of how smoking can damage your lungs:

- Your airways become inflamed
- Your large airways will produce more mucus, which can cause you to have a chronic cough and produce phlegm most of the time
- Continuing to smoke can mean you become very short of breath, even at rest.

Becoming smokefree is not easy, but there are lots of local services available to offer the right support that will help you to quit smoking, this time for good. Even if you have not been successful before, it's important that you saw the need to try. Remember, each quit attempt is a step further towards becoming smokefree.



Useful tips you can try

1

Think about why you smoke? Why do you want to give up? Write this down so you can remember why you are giving up.

2

Remove anything around you that reminds you of smoking such as ashtrays and lighters.

3

Call yourself a non-smoker, you soon will be!

4

Get the support of friends and family by telling them you're dedicated to quitting.

5

Keep track of how much money you're saving and plan how you will spend it.

6

Prepare for possible withdrawal symptoms and how you will cope.

7

Remember cravings only last 2 to 3 minutes so distract yourself and it will be gone before you know it.

8

Don't let a slip up stop you. Just put it down to experience and start again.

9

Challenge yourself to quit by a certain date and stick to it.

10

Avoid other people smoking. This can be as bad as smoking yourself and will make it harder to quit.

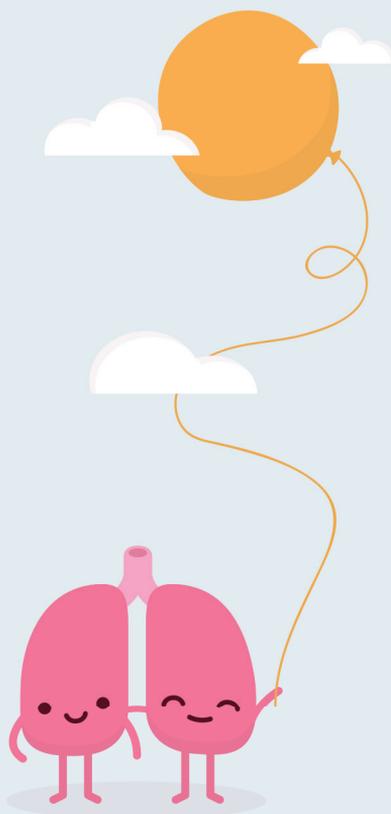
What support is right for you?

There are many support options available with different choices working better for different people.

It is very important you choose what you feel most comfortable with and this will give you more chance of quitting for good. Getting help from professionals, friends and family members will make it easier to cut down and quit, and studies have shown **people who use stop smoking services and stop smoking medications are four times more likely to succeed than those who don't.**

Your support options:

All these support options can help you quit in different ways; it's completely up to you how and when you use them. You may want to use one, a combination or all of these options.



Support from your local pharmacy



What is it?

Some pharmacies across Liverpool are waiting to offer their support to help you quit

- Free confidential one to one support
- Drop in anytime for a quick and convenient chat
- Keeping you motivated and focussed on your goal and support as much as possible

See page 15 for contact details of pharmacies that provide stop smoking support.

Liverpool Pharmacies That Can Help:

Pharmacy	Address	Postcode	Contact No.
Boots	Unit 5, Landford Avenue	L9 6BR	0151 525 7699
Davey's Pharmacy	253 Kensington	L7 2RG	0151 263 6735
Davey's Pharmacy	99 Holt Road	L7 2PN	0151 264 8836
Forshaw's Pharmacy	Belmont Grove	L6 4EP	0151 263 1678
John Hughes Chemist	225 Breck Road	L5 6PT	0151 263 1157
Orrell Park Pharmacy	65 Moss Lane	L9 8AE	0151 525 1003
Phillips Chemist	112-114 Breckfield Road North	L5 4QZ	0151 263 2786

What medication is available?

Nicotine replacement therapy, otherwise known as 'NRT', comes in all shapes and sizes and helps to reduce symptoms so you can give up smoking more easily.

You can get patches, gum, nose and mouth sprays, all of which release nicotine into your bloodstream without you needing to smoke. As well as NRT, there are two other stop smoking medications available on the NHS to help you quit. These include Varenicline, also known as Champix and Bupropion, also known as Zyban. Studies have shown that both of these have high success rates in helping people give up.

Remember though that you'll still need some will power to kick the habit.

You can get NRT and other stop smoking medications from a number of places including Liverpool Smokefree service and Halton and Knowsley stop smoking. This service can provide vouchers for licensed and regulated medication like NRT and referrals to your GP for Champix with on-going support. They can also offer you support if you're looking to give up e-cigarettes, as well as traditional tobacco, and can help guide you towards a healthier, smoke and nicotine free lifestyle.

You can also be prescribed NRT through your GP and local pharmacies offer free vouchers for nicotine patches, gum and oral strips if you don't pay for prescriptions. If you do you'll only need to pay the prescription charge.

Smokefree Liverpool



What is it?

- A FREE, confidential Stop Smoking Service and is available to anyone wanting to quit smoking
- Face to face help and support from trained advisors, either in groups or one to one
- Help and support over the phone or via text message at a time that suits you
- Support available across community venues, making it convenient and available to everyone
- Call into a selected number of local pharmacies for free confidential and convenient advice
- Carbon Monoxide tests at each appointment to show you how well you are doing
- Help and support available for giving up e-cigarettes as well as traditional tobacco
- Support to stay motivated and focused even if you have tried to quit before
- You can find all of our tools online including apps and email support
- Support for women at any time during their pregnancy
- Medication including patches, inhalators and referrals for Champix that increase your chances of quitting for good

It's never too late to quit smoking. With more choices, more flexibility and more ways to stop, this could be the time for you to go smokefree.

For further details please call us on:

Freephone **0800 061 4212**

or **0151 374 2535**

Text **QUIT** to **66777**

Visit **www.smokefreeliverpool.co.uk**

Smokefree



What is it?

- Online tools including a FREE smokefree quit kit
- Choose from a range of tools designed to help you including an app, text and email support

Sign up by visiting **www.nhs.uk/smokefree**

Halton Stop Smoking Service



What is it?

- A FREE, confidential Stop Smoking Service and is available to anyone wanting to quit smoking
- Face to face help and support from trained advisors, either in groups or one to one
- Help and support over the phone or via text message at a time that suits you
- Support available across community venues, making it convenient and available to everyone
- Carbon Monoxide tests at each appointment to show you how well you are doing
- Help and support available for giving up e-cigarettes as well as traditional tobacco
- Support to stay motivated and focused even if you have tried to quit before
- Support for women at any time during their pregnancy
- Medication including patches, inhalators, lozenges, gum, nasal spray, mouth spray, micro tabs, Champix and Zyban

It's never too late to quit smoking. With more choices, more flexibility and more ways to stop, this could be the time for you to go smokefree.

For further details please call us on:

Freephone **0300 029 0029**

Email **HIT@halton.gov**

Visit

www.haltonhealthimprovement.co.uk

Knowsley Stop Smoking Service

? What is it?

Knowsley Stop Smoking Service offers specialist support for Knowsley residents to quit smoking with online and telephone support available, as well as electronic vouchers for Nicotine Replacement Therapy and Champix. Support is also available for those wishing to quit smoking using a vaping device.

Advisors will provide an individualised reduction plan for quitting smoking, or stopping use of a vaping device, with weekly or bi-weekly appointments available via video conferencing or telephone.

To find out more about services available or to access support from Knowsley Stop Smoking Service call **0800 3247111** or **0151 426 7462**, text quit to **61825** (normal network charge) or visit <https://www.smokefreeknowsley.org.uk>

Local pharmacy stop smoking services are also available, please contact your local pharmacy directly to find out more about the support available.



4



WHAT VACCINATIONS SHOULD I HAVE TO HELP MY LUNGS?

Flu (influenza) and pneumonia

Who is it for?

If you are over 50 or have a long-term condition (particularly a lung condition).

What do they do?

Flu can easily lead to chest infections or even pneumonia, especially if you have a lung condition. This annual injection protects you against the flu for one year, but does not protect you against colds or other viruses. The pneumonia injection protects you against the most common kind of pneumonia and is a one off injection.

For more information on vaccinations, please ask your GP or practice nurse.

Coronavirus vaccinations

The coronavirus (COVID-19) vaccine is safe and effective. It gives you the best protection against coronavirus.

Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus.

In England, the vaccine is being offered in some hospitals and pharmacies, at local centres run by GPs and at larger vaccination centres. More centres are opening all the time. It's being given to:

- people at high risk from coronavirus (clinically extremely vulnerable)
- people who live or work in care homes health and social care workers
- people with a condition that puts them at higher risk (clinically vulnerable)
- people with a learning disability
- people who are a main carer for someone at high risk from coronavirus

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI). You do not need to wait to be contacted by the NHS. You can book your appointment here: www.nhs.uk/conditions/coronavirus-covid-19



WHAT SIGNS OR SYMPTOMS SHOULD I LOOK OUT FOR?

Recognising the signs of a lung condition early on can be helpful.

It means you are more likely to be able to treat it earlier and in more serious cases such as lung cancer, increase chances of survival.

Common symptoms you can look out for:

Having a cough most of the time, that lasts for 3 weeks or more

A change in a cough that you have had for a long time

Weight loss

Loss of appetite

Being more breathless than usual and increasing breathlessness when exercising and moving around

Chest tightness

An ache or pain in the chest or shoulder

Frequent chest infections

Coughing up blood

Hoarseness

Wheezing

If I notice a problem what should I do?

If you are worried about any of the symptoms above, see your GP as soon as possible.

WHAT ABOUT YOUR ENVIRONMENT?

Sometimes people worry that environment and pollution is affecting their lungs.

In some cases this is true, however the sections within this leaflet are much more likely to be more important for your lung health, that's why we have focussed the information on these areas.

Healthy Homes Team

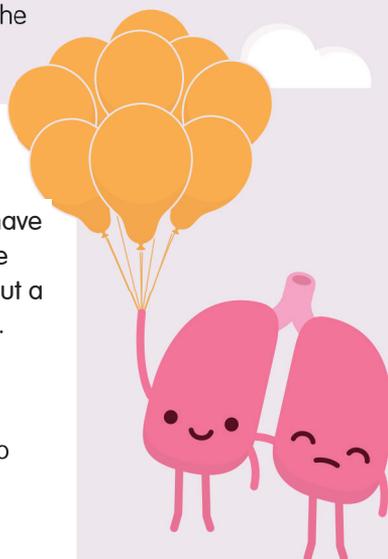


If you live in Liverpool, and if you feel that you have any problems with your home environment, the Healthy Homes Team can help and will carry out a face-to-face visit if you live in a rented property.

They can help you identify and deal with any problems in your home, including health and safety and they work with other organisations to provide all-round support for you.

Call **0800 0121 754** or email:
healthyhomesprogramme@liverpool.gov.uk

If you are worried that your home or work environment might be affecting your lung health talk to your GP.





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This leaflet was produced by Public Health Liverpool.



Liverpool
City Council



Liverpool
Clinical Commissioning Group



Halton
Clinical Commissioning Group



Knowsley
Clinical Commissioning Group