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

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This is not easy but the right support is out there

Page 16 - Making sure you have your vaccinations
This will apply if you have a long term condition or are over 65 years old

Page 17 - 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 Liverpool Healthy Lung Programme and Breathe Freely Events please visit: www.liverpoolccg.nhs.uk/health-and-services/healthy-lungs
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 really don’t get much rest, in one day you can breathe up to 25,000 times!

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.

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.
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.
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:

**STEP 1**
Get your heart rate up

**STEP 2**
Make your lungs work a bit harder

**STEP 3**
Improve your overall lung health
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**
- **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. It’s 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](http://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](http://www.nhs.uk) and search for ‘BMI healthy weight calculator’.
Local 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.

**PSS Health Trainers**

Health trainers are members of the local community trained to support anyone wanting to make a positive change to their lifestyle. They have local knowledge of services and work across all Liverpool neighbourhoods. They can provide support on issues such as a healthy diet, smoking, alcohol and increasing physical activity and can help you achieve your own goals by providing one-to-one support for up to 12 weeks.

You can refer yourself to this scheme:

Call **0800 1313 141** or email Liverpoolhealthtrainers@pss.org.uk.

**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.livewellliverpool.info
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.

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.

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**Roy Castle FagEnds**

**What is it?**

- A face to face support service offering free, confidential, friendly advice
- Trained advisors available to support you with group drop-ins and one-to-one sessions
- Phone support and motivational text messages
- Practical help to anyone wanting to quit at a time and place to suit you. This includes:
  - A personal quit plan, tailored to your needs
  - Stop smoking medicines to help you beat the cravings
  - Supportive tips on how to stay on track
  - Use of a carbon monoxide monitor, so you can see your progress in action

To access the service call free on **0800 195 2131**.
**Support from your local pharmacy**

**What is it?**
- Many 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 the next page for contact details of pharmacies that provide stop smoking support.

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**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](http://www.nhs.uk/smokefree)
Pharmacy Stop Smoking Support

Anfield
Saints Pharmacy, 216 – 218 Walton Breck Road, L4 0RQ, **0151 263 3631**
Forshaws Pharmacy, Belmont Grove, L6 4EP, **0151 263 1678**

Aigburth
Boots Pharmacy, 139 Aigburth Road, L17 0BJ, **0151 727 1522**

Allerton
Tesco Pharmacy, Mather Avenue, L18 6HF, **0345 6779002**

City Centre
Euro Pharmacy, 16 -20 Berry Street, L1 4JF, **0151 708 0778**
Boots Pharmacy, Clayton Square, L1 1QR, **0151 709 4711**
Rowlands Pharmacy, 37 Myrtle Street, L7 7AJ, **0151 709 7796**

Everton
J Hughes Chemist, 225 Breck Road, L5 5PT, **0151 263 1157**
I Phillips Pharmacy, Breckfield Road North, L5 4QZ, **0151 2632786**
Green Cross Pharmacy, West Speke Health Centre, Blacklock Hall Road, L24 3TY, **0151 234 1618**

Fazakerley
Tiffenbergs Pharmacy, Longmoor Lane, L9 0AP, **0151 525 3462**

Garston
Lloyd’s Pharmacy, 32 Church Road, L19 2LW, **0151 427 6173**
Rowlands Pharmacy, 17 St Mary’s Road, L19 2NJ, **0151 427 4948**

Kensington
Davey’s Pharmacy, 99 Holt Road, L7 2PN, **0151 260 4717**
Davey’s Pharmacy, 253 Kensington, L7 2RG, **0151 263 6735**

Norris Green
Cohens Pharmacy, 181 Walton Hall Avenue, L11 7BY, **0151 525 3434**

Old Swan
Lloyd’s Pharmacy, 23 – 25 St Oswalds Street, L13 5SA, **0151 263 6735**
Cohen’s Pharmacy, 158 Townsend Lane, L13 9DN, **0151 263 1715**

Orrell Park
Orrell Park Pharmacy, 65 Moss Lane, L9 8AE, **0151 525 1003**

Queens Drive
Udani Pharmacy, 22-24 Queens Drive, L15 7NE, **0151 722 1944**

Speke
Boots Pharmacy, New Mersey Retail Park, L24 8QB, **0151 427 5915**

Vauxhall
Boots Pharmacy, 2 Vauxhall Road, L3 2BG, **0151 236 4882**

West Derby
J & J Pharmacy, 15 Deysbrook Lane, L12 8RE, **0151 228 9400**
Lloyd’s Pharmacy, 30 Mill Lane, L12 7JB, **0151 226 1410**
Melwood Pharmacy, 227 Deysbrook Lane, L12 4YF, **0151 252 1195**

Woolton
Tesco Pharmacy, Allerton Road, L25 7SF, **0345 0700082**
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 FagEnds. 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.
**What vaccinations should I have to help my lungs?**

**Flu (influenza) and pneumonia vaccinations**

**Who’s it for?**
If you are 65 or over or have a long-term condition (particularly a lung condition).

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

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