



**Weill Cornell Medicine**

# Shape Up Your Lung Health!



October is Healthy Lung Month, but you can celebrate all year long if you keep your lungs in top form with these tips.



## Quit Smoking.

Not only does tobacco use cause lung, mouth and throat cancer, it can also cause emphysema, chronic obstructive pulmonary disease (COPD) and chronic bronchitis.



## Quit Vaping.

Just because there's no stinky cigarette smoke doesn't mean the vape juice chemicals you are inhaling are safe.



## Wear a Mask.

A mask can protect you from spreading or contracting COVID-19. But just as importantly, a mask can prevent you from inhaling dangerous fumes when cleaning, painting or doing other projects at home.



## Test Your Home for Radon.

Checking to make sure your house doesn't have high levels of radon is easy and affordable and will ensure you aren't exposed to the second leading cause of lung cancer after smoking.



## Check the Air Quality.

If it's a smoggy or smoky day, stay inside if possible.



## Get Some Exercise.

Regular cardiovascular activity is one of the best things you can do for your lung health. Aim for 20 to 30 minutes of exercise at least five days a week.



Find out how Weill Cornell Medicine can help you take care of your lungs at <https://weillcornell.org/services/pulmonology>



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