



*Smoking causes about 80%  
of COPD cases in Canada*

## ASTHMA

**Asthma** is chronic disorder where an external irritant or change in emotional state causes an over-reaction within our lungs nervous system. This reaction makes it extremely difficult to breathe (exhale), leading to possible coughing, wheezing & anxiety attacks. In advanced, long-term cases of asthma, it can cause structural changes within the lungs that may lead to other COPDs listed below.

## CHRONIC BRONCHITIS

**Chronic Bronchitis** is a long-term inflammation of the bronchi within the lungs. This inflammation causes permanent changes of the lining in our lungs, increasing resistance to air flow. Individuals with this disease take in less oxygen with each breath. Their hearts are forced to work twice as hard to circulate this low level of oxygen to the rest of the body.

## EMPHYSEMA

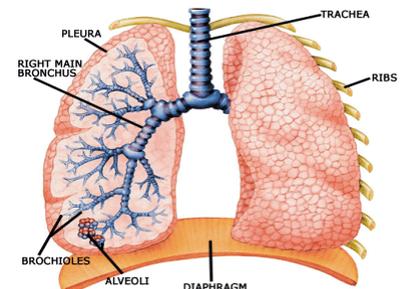
**Emphysema** develops due to long term exposure to smoke or pollutants, or from another respiratory illness. The alveoli within the lungs become damaged, inelastic and full of mucous. There is a decreased area for gas exchange to occur, limiting the amount of oxygen circulating in blood to the brain & body.

## HOW WE BREATHE

*The way we breathe can affect the way we sleep, our mood, digestion & overall health!*

### MECHANISM

Air enters through the nose or mouth and is filtered through mucous membranes that line the sinuses and throat. Once filtered, air moves through a sequence of tubes, large to small until finally reaching the lungs. It is at this level that gas exchange occurs within the alveoli, tiny sacs surrounded by blood vessels. Our body accepts oxygen and releases carbon dioxide. The constant branching within the lungs makes it an efficient system for fighting off infection. Foreign particles or pathogens are trapped within mucous membranes and eliminated through nose or mouth.



## COLD AND FLU SEASON IS HERE

### Signs and Symptoms

- |                 |              |                    |
|-----------------|--------------|--------------------|
| *Headaches      | *Chills      | *↓Appetite         |
| *Fever          | *Sneezing    | *Cough             |
| *Muscle Aches   | *Runny nose  | *Nausea            |
| *Muscle Fatigue | *Watery Eyes | *Throat Irritation |
| *Vomiting       | *Diarrhea    |                    |

### PREVENT YOURSELF FROM THE SPREAD WITH A FEW BASIC TIPS



Wash your hands, thoroughly with soap and warm water for a minimum of 15secs. Especially after sneezing and coughing.



Cover your mouth/nose with a tissue when coughing or sneezing.



Keep a supply of alcohol-based hand sanitizer with you wherever you go.



Disinfect all commonly used areas and/or items

#### \*\*NOTE\*\*

People with COPD are especially susceptible to viral and bacterial infections of the respiratory tract. If a bacterial infection arises, aggressive treatment with antibiotics may be recommended to prevent the situations from developing into life-threatening pneumonia. Chronic bronchitis patients are encouraged to be vaccinated against pneumococcal pneumonia and to get yearly flu shots for the same reason.

## REGISTERED MASSAGE THERAPY & COPD

Massage will not fix an asthma attack or reverse chronic bronchitis/emphysema. It is also not advised if there is an acute flare up or infection. But for most people suffering from COPD, massage can still have many benefits. Treatments focus on the thoracic region, and those muscles which become chronically tight due to difficulty breathing. Reducing tension within these muscles will help with the resistance of air flow into and out of the body.

Home care **Diaphragmatic Breathing** exercises may also be recommended. These exercises involve the controlled inhalation and exhalation using one of our body's strongest muscles, the diaphragm. This type of breathing will improve the amount of oxygen brought into our lungs and overall efficiency within our body. Please ask our experienced Therapist on how to incorporate this into your daily routine!

For more information on COPD please contact the clinic. We are OPEN 6 days a week & have evening & weekend availabilities!

Body Movement Therapeutics  
(519)853-1200.



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