

Daleview Care Center Partners With The American Lung Association

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You probably do not even notice it, but, you take a breath fifteen to twenty times per minute, over 20,000 times a day - thanks to your body's respiratory system. When you breathe, your lungs take in oxygen from the air and deliver it to the bloodstream. The cells in our bodies function at their full potential when they receive a continuous burst of oxygen.

For many of us breathing is effortless. We do not think twice about the simplicity of it. Yet, for those who are affected by lung disease, the involuntary act of breathing is extremely strenuous and can, quite possibly, have fatal results.

More than 35 million people in the United States suffer from a chronic lung disease like asthma or chronic obstructive pulmonary disease (COPD). A disease that is responsible for one in six deaths and ranks as America's #3 killer.

Lung disease is any disease or disorder that occurs in the lungs or causes the lungs to not work at their full capacity. Lung disease is an umbrella term that encompasses many disorders affecting the lungs, such as asthma, COPD, infections like influenza, pneumonia, and tuberculosis, cystic fibrosis, lung cancer, and many other breathing problems. The three main types of lung disease are classified as airway, lung tissue, and pulmonary circulation diseases. Airway disorders such as asthma, bronchitis, and cystic fibrosis affects the tubes that lead to the lungs making it hard for a person to inhale enough oxygen. Pulmonary circulation diseases such as pulmonary edema, pulmonary embolism, pulmonary hypertension, and COPD all affect the regular exchange of gases from the lungs to the blood.

Early signs of lung disease can easily be overlooked. Often people with an early stage of lung disease may just experience a lack of energy, but other symptoms could be telltale sign of the severity of the condition. For instance, a cough could easily be mistaken for a common cold or that it is caused by allergen, but if a cough becomes chronic, it is important to consult your physician.

Our bodies' lungs are unique in comparison to our other organs because of their delicate tissue make-up and their direct correlation to our external environment. Everything we breathe into our respiratory system has the potential to deeply affect the lungs; harmful pollutants, bacteria/germs, tobacco, and any airborne substances that we are regularly exposed to. There are things you can do to reduce your risk of lung disease and ultimately keep your lungs healthy.

The number one cause of lung disease is tobacco inhalation. Tobacco-related diseases kill 438,000 Americans every year. If you are a smoker, the single most important thing you can do to stay healthy is

to stop smoking. Smoke from all tobacco products boosts the chances of lung disease substantially. Even if you are not a smoker it is important to steer-clear of tobacco smoke. Other environmental factors, including direct or indirect exposure to asbestos, radon, and secondhand smoke can increase your risk of lung disease and irreparable damage to your respiratory system.

The American Lung Association in New York works to prevent lung disease and improve the quality of life through research, education, and advocacy. To continue their fight, the American Lung Association depends on community support. Healthcare providers, such as Daleview Care Center in Farmingdale, specialize in restoring endurance and lessening the affects of respiratory illness on a person's life. Daleview Care Center has designed a program to restore stamina, mobility, and independence to patients with pulmonary lung disorders. Their comprehensive program uses breathing exercises, techniques to remove secretions, and monitoring of oxygen levels. Daleview Care Center also provides education to residents and members of their family on the disease process, methods to decrease future progression of the disease, and techniques the resident can use to maintaining their highest level of independence.

In celebration of Respiratory Care Week, Daleview Care Center will be hosting a luncheon/fundraiser for the American Lung Association at the Merrick Outback Steakhouse on Oct. 23, from 11 a.m. until 1 p.m. One hundred percent of the proceeds will be donated to the American Lung Association. Tickets are \$25 per person and will include a Bloomin' Onion appetizer, your choice of steak, chicken, salmon, or pasta and a house salad or Caesar salad.

"In order to fulfill our important mission of saving lives by preventing lung disease and improving lung health, we need the support of the community," said Scott T. Santarella, president and CEO of the American Lung Association in New York. "We are very pleased to partner with the Daleview Care Center in ensuring that Long Islanders with respiratory problems have access to the care they need and deserve. We are extremely grateful that Daleview is hosting a fundraiser to support our mission and help us make strides toward realizing our shared vision of the world free of lung disease. When the Long Island Community supports the Lung Association, they're supporting their many friends and neighbors who struggle every day to breathe and they're making a real difference in people's lives."

To learn more about lung disease and the warning signs of a serious condition visit the American Lung Association website at www.alany.org. For more information on Daleview Care Center's respiratory rehabilitation program, please call 516-694-9800.