



Is your work making it harder to breathe? It's time to get referred to a specialist.

How can my work environment affect my lung health?

Certain jobs or industries, such as mining, construction and manufacturing, may expose you to chemicals, vapors, gases and fumes that can affect your lung health. As a result, these exposures may cause new symptoms or worsen an existing lung disease, such as asthma.

What are the steps to a referral?

If you suspect that your breathing-related symptoms or illness may be caused by your job, take the following steps:

- 1: Talk to your primary healthcare provider and follow your employer's procedures for reporting illness or injury while at work.
- 2: Find a specialist or clinic near you. Contact your insurance provider, ask your employer or visit the Association of Occupational and Environmental Clinics at [AOEC.org](https://www.aoec.org).
- 3: Complete any required forms before your appointment. Bring the results from any recent medical tests and information about the personal protective equipment you used while on the job.

What type of specialist should I see?

An occupational and environmental medicine (OEM) specialist is a medical provider with training in diagnosing, managing and preventing work-related injury or illness. A specialist can help you find ways to reduce your exposure to lung health hazards on the job and at home.

Get more information

Learn more about occupational lung disease risk factors and symptoms by visiting the American Lung Association at [Lung.org](https://www.lung.org) or call the Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).

