

# Age Healthier Breathe Easier

Emphysema, chronic bronchitis & asthma are common chronic conditions among older Americans. If you suffer from a chronic cough or shortness of breath, see your doctor. The following simple steps can reduce the frequency of your symptoms and help you breathe easier:

- Avoid smoke from tobacco
- Check the air quality index and reduce outdoor activity on poor air quality days
- Reduce mold, dust and roaches in your home
- Check furnace and heating units annually



For more information log on to [www.epa.gov/aging](http://www.epa.gov/aging) or call 1-800-LUNG-USA