

its tough to breathe pdf

When you're short of breath, it's hard or uncomfortable for you to take in the oxygen your body needs. You may feel as if you're not getting enough air. Sometimes you can have mild breathing problems because of a stuffy nose or intense exercise. But shortness of breath can also be a sign of a serious disease.

Breathing Problems | Shortness of Breath | MedlinePlus

hard to admit. It is much better to talk about them as they are a certain sign of needing support. Depression is an illness and it will not just "go away" on its own. Do not feel embarrassed or ashamed to ask for help. Skilled advice and care can really help.

A practical guide to coping with and managing shortness of

Breathing difficulty, or shortness of breath, is a frightening but surprisingly common symptom. Shortness of breath is the distressing sensation that breathing requires more effort than usual.

Breathing Difficulty " Causes, Signs & Prevention

HEALTH IDENTIFIERS & SYMPTOMS OF ILLNESS BREATHING DIFFICULTY SOME FACTS about Breathing Difficulty PREVENTION CAUSES STATE OF CONNECTICUT Department of Developmental Services HEALTH FACT SHEET No. 4 March 2008 CAUTION SIGNS & SYMPTOMS Developed in Partnership with Center for Developmental Disabilities Evaluation and Research When you breathe, oxygen goes into your body.

HEALTH IDENTIFIERS & SYMPTOMS OF ILLNESS BREATHING DIFFICULTY

makes it hard to breathe. You may also have heard COPD called by other names, like emphysema or chronic bronchitis. In people who have COPD, the airways "tubes that carry air in and out of your lungs" are partially blocked, which makes it hard for the air to get in and out. COPD develops slowly and

Breathing Better with a COPD Diagnosis

Sinusitis can make it difficult to breathe through your nose for a week or two until the inflammation subsides and the congested sinuses begin to drain. Many breathing problems are chronic or long ...

Breathing Problems: Causes, Tests, and Treatments

We know that if someone in your family has asthma, you are also more likely to have it. In most cases, we don't know what causes asthma, and we don't know how to cure it. You can control your asthma by knowing the warning signs of an attack, staying away from things that trigger an attack, and following the advice of your health-care provider.

You Can Control Your Asthma - Centers for Disease Control

shortness of breath that wakes you up during the night Breathing difficulties in young children Babies and young children often have breathing difficulties when they have respiratory viruses.

Shortness of breath: Causes, Symptoms and Diagnosis

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