

# NATIONAL HEALTHY LUNG MONTH

## GENERAL LUNG FACTS

Approximately 1.5 billion people are breathing dangerously high levels of pollution every day.

Humans breathe an average of 11,000 liters of air every day.

The breathing rate is faster in children and women than in men.

There are about 600 million alveoli in your lungs. If you stretched all of them out, they would be about the size of a tennis court.

Your left and right lungs aren't exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.

You can help keep your lungs healthy by avoiding air pollution, exposure to toxic substances, and not smoking tobacco

## MESOTHELIOMA FACTS

Mesothelioma is an aggressive cancer that attacks the lining of the body cavity called the mesothelium. The only known cause to mesothelioma is exposure to asbestos.

Asbestos is **STILL not banned** in the United States today.

Occupational illnesses such as mesothelioma are estimated to cost \$150 billion annually.

Pleural mesothelioma, the most common type of mesothelioma, attacks the lining of the lungs.

Symptoms associated with mesothelioma are also generally found in those who have lung cancer, including dry cough, chest pain, and shortness of breath.

Individuals who have asbestosis, another less-serious asbestos-caused illness, should not smoke as smokers with asbestosis are much more likely to develop mesothelioma in the future.

Asbestos was used before the 1970's, but can still be found in buildings and products today.

The number of women with mesothelioma is expected to rise because of secondary exposure to asbestos.



THE PURPOSE OF NATIONAL HEALTHY LUNG MONTH IS TO INCREASE AWARENESS AND PROMOTE HEALTHY LUNGS. FOR MORE INFORMATION, PLEASE VISIT THE MESOTHELIOMA CANCER ALLIANCE AT

[WWW.MESOTHELIOMA.COM](http://WWW.MESOTHELIOMA.COM)

