

A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA

Your Respiratory Rate

Your respiratory rate is the number of breaths you take in a one-minute period (at rest, not during exertion or during times of stress). A normal respiration rate for a healthy adult falls between **eight to sixteen breaths per minute**. Respiration rates may increase if you're ill, have a fever or suffer from other medical conditions. If you notice that your respiration rate is not falling within the normal range of eight to sixteen breaths in a one-minute period call your doctor right away or seek emergency care if you have any trouble breathing.



DID YOU KNOW?

Your left lung is about 10 percent smaller than your right lung, which allows room for a small indent where your heart is located.

Breathe Better!

Your lungs are a pair of light, spongy, air-filled organs located in your chest. If you're good to your lungs, they will be good to you—flawlessly providing fresh oxygen through your entire bloodstream. In fact, with only a few exceptions, your lungs are likely to stay healthy throughout your lifetime as long as you take some simple steps to protect them (check out pages 4-5 for 16 easy tips for lung health).

This isn't to say that lung disease isn't a real or popular threat in the United States. In fact, chronic obstructive pulmonary disease (COPD) is the fourth-leading cause of death in the U.S. after heart disease, cancer and stroke. The American Lung Association (ALA) estimates that more than 12 million Americans have been diagnosed with COPD and another 12 million likely have the condition but are unaware of it.

AM I AT RISK FOR COPD?

If you're a smoker or have frequent exposure to other irritants like second-hand smoke, air pollution or workplace fumes, you may be at risk for developing COPD. Unfortunately, the symptoms for COPD are similar to symptoms of other conditions (like a cold) which may not seem that serious, and are often ignored. If you are a smoker and/or are regularly exposed to second-hand smoke or irritants like smog or workplace chemicals, contact your doctor if you experience these symptoms:

A cough that worsens in the morning. This is one of the first signs of COPD.

Excessive mucus/phlegm. If you're exposed to irritants, your lungs will produce additional mucus to trap or keep inhaled particles out.

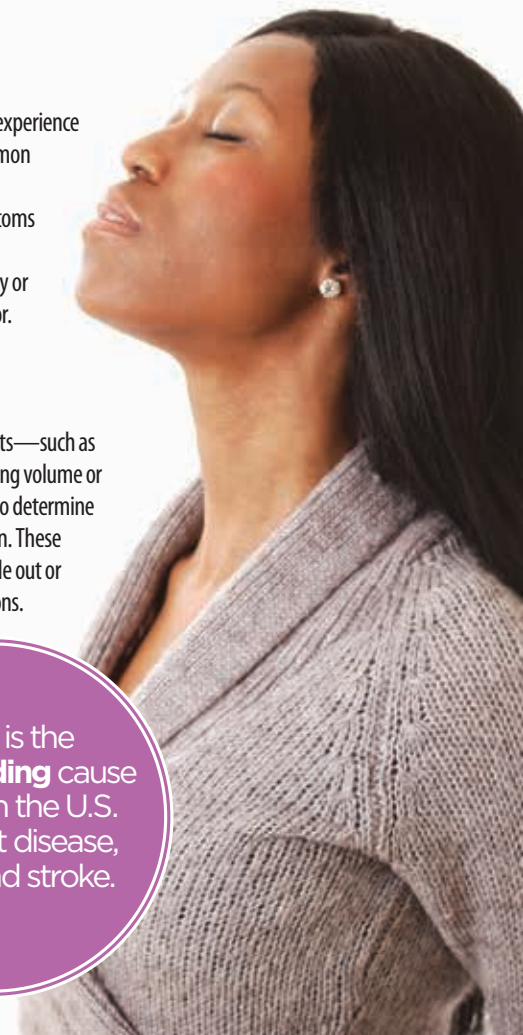
Shortness of breath and wheezing. Those with COPD may experience shortness of breath with increased physical activity, or, if in later stages, it could happen even without exertion. Another symptom of COPD includes wheezing, which is a whistling or squeaking sound that occurs while breathing.

Fatigue. Many people experience fatigue, which is a common condition. If you're experiencing the symptoms listed and also feel a significant loss of energy or stamina, see your doctor.

Only a doctor can diagnose COPD.

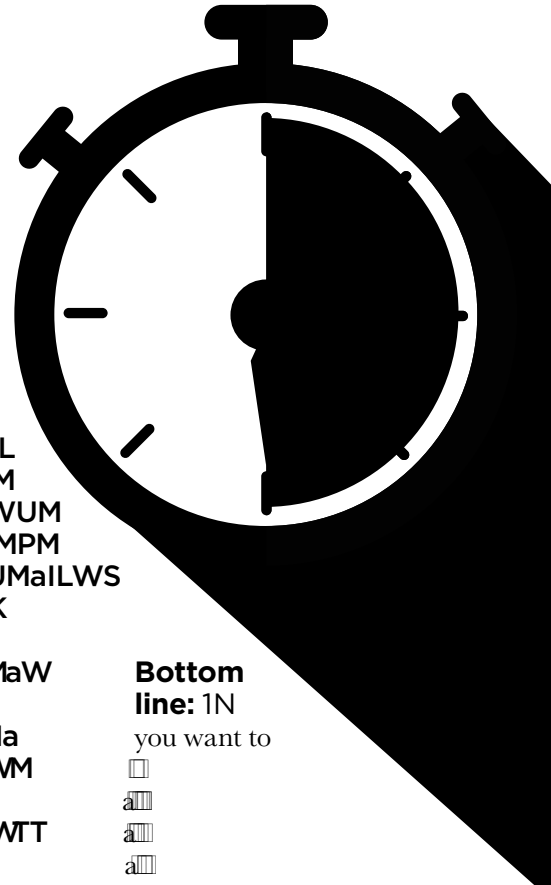
He/she will give you tests—such as measuring your breathing volume or X-raying your chest—to determine if you have the condition. These tests can also help to rule out or diagnose other conditions.

COPD is the **fourth-leading** cause of death in the U.S. after heart disease, cancer and stroke.



Looking to Lose?

A 30-Minute Workout Could Do the Trick



Are Shorter Workouts More Effective?

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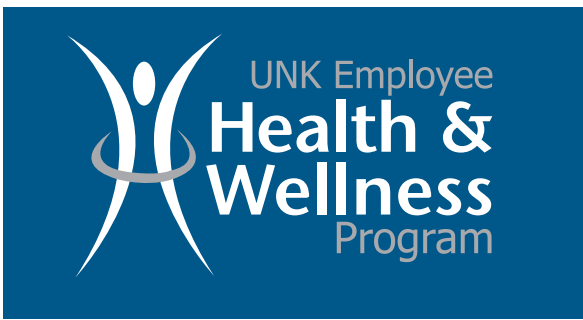
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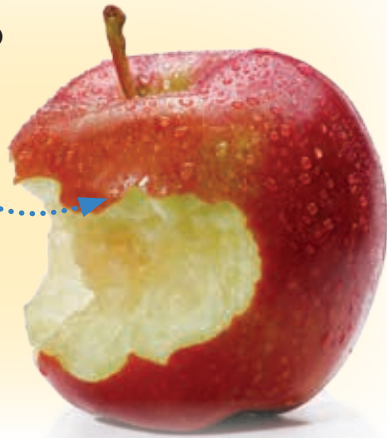
the American Journal of
Physiology





IN THIS ISSUE

- 16 Simple Ways to Breathe Better
- The Best Way to Get Essential Vitamins & Minerals
- Lose Weight in 30 Minutes?
- Is it Aging or Alzheimer's?



I DID YOU KNOW?

15% ONE STUDY HAS FOUND THAT THOSE WHO LISTENED TO MUSIC WHILE WORKING OUT ENHANCED THEIR ENDURANCE BY 15 PERCENT.

8-16 breaths
A NORMAL RESPIRATION RATE FOR A HEALTHY ADULT FALLS BETWEEN 8 TO 16 BREATHS PER MINUTE.

60 to 80% ALZHEIMER'S IS ONE FORM OF DEMENTIA, ACCOUNTING FOR 60 TO 80 PERCENT OF DEMENTIA CASES.

The Signs & Symptoms of Lung Cancer

Lung cancer happens when abnormal cells grow out of control in the lung. Although most lung cancer is caused by smoking, non-smokers can still develop the disease. Here are the warning signs to be mindful of:

- A cough that doesn't go away or a new cough that isn't due to a cold or infection.
- Coughing up blood or bloody mucus.
- Shortness of breath, even at rest.
- Chest, shoulder or back pain that doesn't go away and gets worse with deep breathing.
- Persistent wheezing or hoarseness.
- Swelling in your neck and face and/or difficulty swallowing.
- Recurring respiratory infections, such as pneumonia.

Contact your doctor if you have been experiencing any of these symptoms.

What's In A Number?

BEST CHOICE

1
MINUTE

Taking a minute to take 5 to 10 long, deep breaths provides key health benefits, like slowing your heartbeat and lowering or stabilizing blood pressure.

VS

0
MINUTES

Not taking a single minute out of your day for deep breathing can cause chronic shallow breathing, which limits the diaphragm's range of motion. This can make you feel short of breath and anxious.

WELCOA Information is reviewed by a prestigious Medical Advisory Board comprised of physicians and health care professionals and is intended to help you make smart health decisions for yourself and your family. Although editorial content is based on sound medical information, we ask that you consult a health care professional for all matters of concern. We also encourage you to keep your copies to build a convenient home-medical reference or recycle issues to friends and family.

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