

How to Manage Bronchiectasis Symptoms During Winter Weather

Living with bronchiectasis during the winter may trigger a worsening of symptoms, including wheezing, chronic cough, and recurring lung infections. To help you breathe easier when the temperature drops, learn how this season affects bronchiectasis symptoms.



Why Does Cold Weather Aggravate Chronic Lung Conditions?



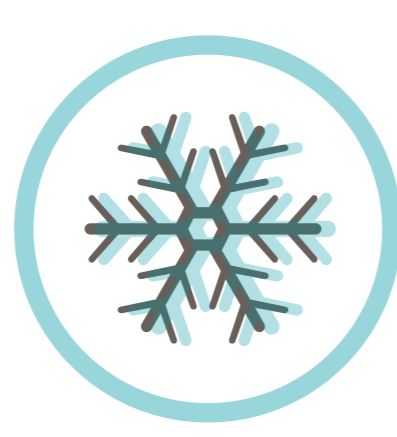
When air gets colder, it loses moisture and becomes dry—making it difficult to breathe. For a person with a chronic lung condition, the dryness may cause irritation in the airways, resulting in shortness of breath or congestion in the sinuses, which may expose your lungs to infection.

Who Is Affected By Dry Winter Air?

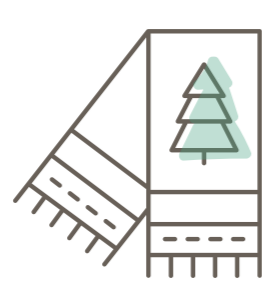
When there's less moisture in the air, everyone feels the effects. For someone with a lung condition, however, the symptoms may intensify. Whether you're living with asthma, COPD, bronchitis, or bronchiectasis, your lungs are more susceptible to irritation and inflammation.

Where Are The Risk Factors Hiding?

Winter weather poses significant challenges whether you're bracing the cold outdoors or enjoying the warmth from inside your home. Learn how to prepare yourself for both indoor and outdoor irritants with a few tips from the American Lung Association.



OUTDOORS



BUNDLE UP

Loosely wrapping a scarf around your nose and mouth will warm the air before it enters your lungs.



USE YOUR GARAGE

Keeping your car covered will prevent you from having to stay outside for long periods of time brushing off snow.

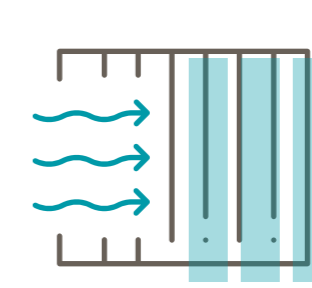


MONITOR AIR QUALITY

Monitor air quality forecasts in your area to help stay healthy. Air pollution can be very high in the winter.

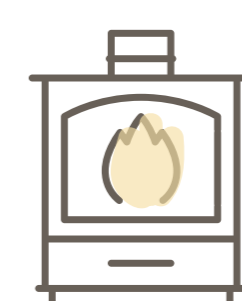


INDOORS



CLEAN AIR FILTERS

Changing your home's air filters every 90 days will help avoid the spread of dust and irritants.



AVOID WOOD-BURNING FIRES

Staying away from wood fires will protect you from allergens that can cause lung irritation and frequent coughing.



WASH YOUR HANDS

Washing your hands is the best way to prevent the spread of germs that can cause pneumonia and other flu-like symptoms.

What Else Can I Do To Breathe Easier This Winter?

Being proactive is the best way to keep your lungs healthy during the long winter months ahead. Be sure to:

GET YOUR ANNUAL FLU VACCINE

Schedule an appointment at your local flu clinic.

STAY INDOORS WHEN AIR QUALITY INDEX IS ABOVE 101

Limit your time outdoors when air quality is poor.

TALK TO YOUR DOCTOR ABOUT HFCWO THERAPY

Visit smartvest.com/using-smartvest to download information for your doctor.

Ask your doctor about high frequency chest wall oscillation (HFCWO) therapy and learn how to manage your bronchiectasis symptoms this winter and all year long.

Though there are many precautions you can follow to stay healthy this winter, getting the most effective treatment for your lung disease is the first step to regaining control of your bronchiectasis management and feeling your best.

We're here to help you get started.

Contact SmartVest at **800.462.1045** or visit smartvest.com.