

Pulmonary Health: Common Symptoms & Self-Care Awareness

Breathing problems are often ignored until they become serious. Many people dismiss symptoms like cough or breathlessness as “normal” or “seasonal.” But early recognition and timely treatment can prevent major complications.

Common Symptoms That Should Not Be Ignored:

- Persistent **cough** lasting more than 3 weeks
- **Shortness of breath** during routine activities
- Frequent **wheezing or chest tightness**
- **Coughing blood** or excessive mucus
- **Unexplained fatigue** or weight loss
- Loud **snoring** or disrupted sleep patterns

If you notice one or more of these signs, it is important to consult a **pulmonologist**.

Self-Care Tips for Better Lung Health:

1. **Quit smoking** – Tobacco is the biggest enemy of lung health.
2. **Stay active** – Regular exercise improves lung capacity.
3. **Practice breathing exercises** – Deep breathing and yoga help strengthen lungs.
4. **Avoid pollutants** – Stay away from smoke, dust, and industrial pollution.
5. **Eat a balanced diet** – Include antioxidant-rich foods to support immunity.
6. **Get regular check-ups** – Especially if you have asthma, allergies, or a family history of lung disease.

When to Seek Immediate Medical Attention?

- Sudden severe breathlessness
- Chest pain along with difficulty in breathing
- Blue lips or fingertips (sign of low oxygen)
- High fever with persistent cough

Timely intervention can save lives. At **Life Care Institute of Head & Neck Sciences**, our Pulmonary Department provides advanced diagnostic and treatment options, ensuring patients get accurate care and long-term relief.

☞ **Takeaway:** Don’t ignore your cough or breathlessness. Early detection is the best prevention.