



## It's Breathe Better September

We all take breathing for granted and generally don't take any notice of it until something goes wrong. Most of us don't breathe properly, only using the top half of our lungs.

Breathing well is essential for good health. When we breathe our lungs fill with air and two important things happen:

- life-giving oxygen passes into the bloodstream, where it's carried to the tissues and organs, allowing us to walk, talk, and move.
- carbon dioxide is removed from our blood and released into the air as we breathe out.

Our brain controls how fast and deep we breathe air into our lungs, depending on whether we're exercising or resting. On exertion our brain tells our lungs to work harder and while at rest our breathing slows down. When we are scared or anxious our breathing rate increases.

### Improve your breathing

We can improve our breathing capacity or effectiveness with exercises.

### Health Conditions affecting breathing

There are many health conditions that affect our breathing, for example, asthma, emphysema, anxiety and the common cold.

If you are prone to **chest infections or asthma** our Physiotherapists at Therapy Professionals have some advice on the following link:

[http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/how\\_to\\_keep\\_your\\_lungs\\_clear\\_.pdf](http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/how_to_keep_your_lungs_clear_.pdf)

**The Ministry of Health** has information on a range of conditions. If any of these conditions affect you or someone you know, check it out.

### Chronic obstructive pulmonary disease

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/chronic-obstructive-pulmonary-disease>

### Asthma

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/asthma>



## If your child has a bad cough

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/if-your-child-has-bad-cough>

## Lung cancer

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/lung-cancer>

## Chest infections (bronchitis)

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/chest-infections-bronchitis>

## Latent tuberculosis infection

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/latent-tuberculosis-infection>

## Tuberculosis disease

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/tuberculosis-disease>

## Whooping cough

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/whooping-cough>

## Canbreathe

Is a local organisation that assists people with chronic breathing conditions. They have good information and advice, check out their website on this link:

<http://canbreathe.org.nz>

## Panic attacks and panic disorder

<https://www.health.govt.nz/your-health/conditions-and-treatments/mental-health/panic-attacks-and-panic-disorder>

## Sleep problems

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/sleep-problems>

## Anxiety

<https://www.health.govt.nz/your-health/conditions-and-treatments/mental-health/anxiety>

Here at Therapy Professionals our team of Physiotherapists can help you with your breathing. Just contact us on

**Phone:** 03 3775280

**Email:** <mailto:admin@tpl.nz>

**Website:** [www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz)



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