

# SUNDAY MORNING

## HEALTH CORNER

### Respiratory Healthcare

Respiratory healthcare is a discipline that specializes in the promotion of respiratory function, health, and wellness. African Americans suffer from many major respiratory illnesses such as lung cancer, asthma, sleep apnea, and pneumonia. Health disparities such as pollution, lack of healthcare access, and low socioeconomic status all play a role that creates an atmosphere in which African Americans are more susceptible to respiratory illnesses.

### African American Respiratory Statistics

- African Americans are 3x more likely to die from asthma than other racial groups.
- Black men are 50% more likely to suffer from lung cancer.
- African Americans are also ½ as likely to receive a flu or pneumonia vaccination.
- African American children are 3x as likely to suffer from sleep apnea.

### Be Proactive

- Avoid indoor and outdoor air pollution.
- Avoid exposure to people who have the flu or other viral infections.
- Exercise regularly.
- Eat a healthy, balanced diet.
- Maintain a healthy weight.
- See your doctor for an annual physical.



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