



# BREATHE EASY: PROTECT YOUR LUNGS, PROTECT YOUR LIFE

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## Why Lung Health Matters

Your lungs help you breathe and give oxygen (hangin) to your whole body. When your lungs are weak or damaged, your body becomes tired (panghihina), and your risk of getting sick increases — especially with illnesses like **asthma**, **tuberculosis (TB)**, and **chronic cough**.

In the Philippines, lung diseases are very common — especially among workers exposed to smoke, dust (alikabok), chemicals, and those who **smoke cigarettes**.

## Common Lung Problems

1. Cough and Colds (Ubo and sipon)
2. Asthma (Hika) - Difficulty breathing
3. Tuberculosis (TB)
4. Lung cancer (Kanser sa baga)
5. Chronic Obstructive Pulmonary Disease (COPD) - Long-term lung damage, often caused by smoking

## Tips to Keep Your Lungs Healthy

### Stop Smoking

- Cigarette smoke damages your lungs slowly but surely.
- Quitting helps your body heal and breathe better.
- Ask for help from clinics or support groups if you need guidance (tulong).

### Avoid Secondhand Smoke

- Even if you don't smoke, staying near someone who does can still harm your lungs.
- Protect your family, especially children and seniors.

### Wear a Mask in Dusty or Smoky Areas

- Especially important for workers in construction, factories, and outdoor work.

### Practice Deep Breathing and Exercise

- Simple movements like walking, stretching, or deep breathing help strengthen your lungs.

## Eat Lung-Friendly Foods

- Add more fruits and vegetables like carrots, sweet potatoes (kamote), citrus fruits (dalanghita), and leafy greens (malunggay, kangkong)



Stop smoking



Wear mask in dusty or smoky areas



Practice deep breathing

## Signs You Should See a Doctor Right Away

- Long-lasting cough (matagal na ubo)
- Coughing blood (pag-ubo ng dugo)
- Difficulty breathing (hirap huminga)
- Chest pain (pananakit sa dibdib)
- Sudden weight loss (paggababa ng timbang)

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

## Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**

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