

YourLungHealth.Org Is Here for You

AARC's consumer website has everything needed to learn more about lung disease

As the professional organization representing respiratory therapists, the American Association for Respiratory Care (AARC) is committed to ensuring patients have the information and resources needed to make informed decisions about their care. Our consumer website at www>YourLungHealth.org was

developed by respiratory therapists specifically with the respiratory patient and family in mind. Below you'll find what is on the site by just clicking your mouse in the respective boxes. And if the font size is hard for you to read, just click on one of the letter "A" choices at the top of each page.

- A Ask Dr. Tom:** Check out our Q&A archive featuring the late Thomas L. Petty, MD, FAARC, who still impacts patients through his lifelong mission to help people live well with lung disease.
- B Diseases:** Want to know more about what you have? This is the place to find out.
- C Medication:** Respiratory medicines can be tricky to take. We have all the answers in one place.
- D Tests:** Learn more about the pulmonary function and other tests your physician ordered to diagnose and monitor your condition.
- E Healthy Living:** You'll find resources on everything from nutrition to immunizations here.
- F Finding Care:** Not sure where to go to get the care you need? We can point you in the right direction, whether you're looking for a good hospital, a great home health provider, equipment or a child care center that can cope with your child's asthma.
- G Stop Smoking:** Smoking is the worst thing you can do for your respiratory condition. We have expert advice on how to kick the habit once and for all.
- H Contact Us:** Find out how to get in touch with the AARC here.
- I Join:** This link takes you directly to the form to sign up as a consumer member of the AARC.
- J Search:** Still can't find what you're looking for? Type it into our search box.



- M Allergy & Asthma Health:** This quarterly online magazine features information for patients, parents, and families.
- L Headlines:** Look here for the latest news about respiratory studies and other areas of interest.
- K Rally:** Here you can access our Consumer Buyer's Guide, which lists products patients would be interested in having in their homes along with the name of the company that sells them. A link connects you to each company easily. Also, the AARC promotes respiratory issues on Capitol Hill, and you can help by becoming a consumer member. It's quick, easy, and free.