**Geography of Pulmo Park: Clearing My Road Blocks**

Reflection Page 1A

**Directions:**
Answer these questions as a reflection of your score on *My Road Blocks*. You will use some of your ideas to create a narrative on your lung health.

1. How do you feel about the use of tobacco in our world today?

2. From the American Lung Association: Smoking is the number one cause of lung cancer. Lung cancer may be the most tragic cancer because in most cases, it might have been prevented – 87% of lung cancer cases are caused by smoking. Cigarette smoke contains more than 4,000 different chemicals, many of which are proven cancer-causing substances, or carcinogens. If you stop smoking, the risk of lung cancer decreases each year as normal cells replace abnormal cells. Many of the chemicals in tobacco smoke also affect the nonsmoker inhaling the smoke, making “secondhand smoking” another important cause of lung cancer.

How would you persuade friends or family to eliminate this risk factor from their lives (and yours).

**REFLECTIONS**
3. Explain what sensations might be experienced when someone has shortness of breath (dyspnea).

How would this condition affect everyday life?

4. Sometimes a person with asthma will complain that they can’t get a breath “deep enough”. Sometimes you run so hard you can’t “catch your breath.”

How does it feel to not be able to control your breathing?

5. Consider the types of exercise you do in a typical day.

How does this affect your breathing?

6. Be aware of how many times at night your sleep is interrupted.

What causes these nightly interruptions?

REFLECTIONS
7. People who suffer from sleepless nights often experience other problems.

Why is a full night of restless sleep important?

8. Consider the types of food that you eat?

How could diet effect lung function?

9. So a sunbeam is flowing through the window. Hit the pillow. Notice all the particulates flying around.

How can dust particulates interfere with lung function?

10. Wheezing is a high-pitched sound during breathing and it usually occurs when exhaling.

Describe what might be happening when you hear wheezing?

REFLECTIONS