

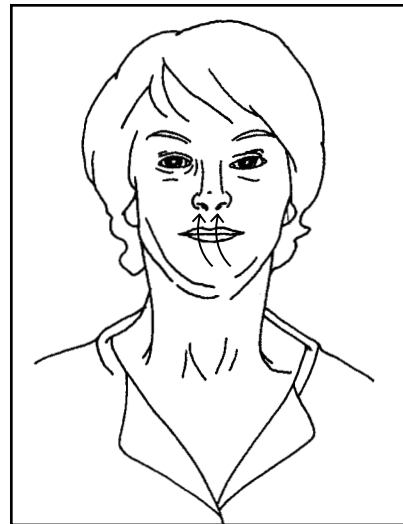
Pursed-lip Breathing for Obstructive Lung Disease

Obstructive lung disease causes airways to collapse when you breathe out and trap air in the air sacs of your lungs.

Think of pursed-lip breathing as an exercise to control your breathing. It forces out the old air so you can take in new air that has fresh oxygen. It looks like you are blowing out a candle.

To do pursed-lip breathing (pictures at right):

- Inhale (breathe in) through your nose with your mouth closed. (A) Breathe through your mouth if you are having trouble.
- Exhale (breathe out) through your mouth with your lips pursed (puckered). (B) Blow out the air slowly.
- Exhale twice as long as you inhale. For example, inhale to the count of 2 and exhale to the count of 4.

**A****B**