

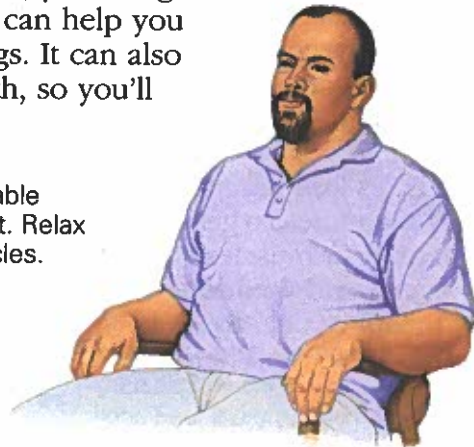
LEARNING TO BREATHE BETTER

Your health care provider may teach you a way to breathe more effectively. Controlled breathing can help you cope with shortness of breath. Follow the steps below.

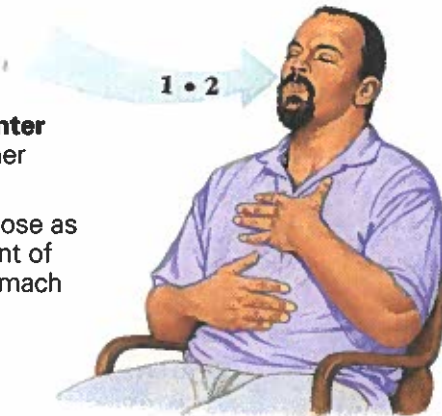
Controlled Breathing

The diaphragm does most of the work of breathing. When you have interstitial lung disease, your lungs may stiffen. This breathing technique can help you get more air into and out of your lungs. It can also control or decrease shortness of breath, so you'll feel more in control.

- 1 Sit or lie down** in a comfortable position with your knees bent. Relax your neck and shoulder muscles.



- 2 Place one hand over the center of your stomach** and the other hand on your upper chest. **Inhale slowly** through your nose as deeply as possible to the count of two. You should feel your stomach muscles relax and move out.



- 3 Relax and exhale naturally** through pursed lips to the count of four. You should feel your stomach muscles move in.

