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Men's Health Network Releases Free Publication to Help Men and Their Families Maintain Healthy Lungs *Breathe Easy: Your Lungs and COPD*

Washington, DC (Thursday 28, 2013) – Chronic Obstructive Pulmonary Disease (COPD) is the third leading cause of death in the U.S. In an effort to provide guidance to the 12 million Americans who have COPD and the 12 million more whose symptoms remain undiagnosed, Men's Health Network (MHN) partnered with the Association of Black Cardiologists, the Veterans Health Council, and Men's Health Alliance to develop a new guide, "[Breathe Easy: Your Lungs and COPD. Chronic Obstructive Pulmonary Disease](#)," which can be downloaded and distributed freely in communities across the country.

"Studies show that every four minutes an individual dies of COPD," said Scott Williams, MHN Senior Vice President. **"We could not ignore this fact and had to address such an important health issue. The *Breathe Easy* publication is designed to educate the public regarding possible COPD symptoms and explains what to do once these symptoms are discovered. We hope that those who read this publication will examine their own situation and take action if needed."**

Authored by experts in the field of men's health and supported by a grant from Forest Laboratories, "[Breathe Easy: Your Lungs and COPD. Chronic Obstructive Pulmonary Disease](#)" is filled with important information for men and their families and added to the extensive library of educational materials which MHN has maintained since 1992. The guide may be downloaded as a PDF file from www.menshealthlibrary.org. Printed copies may be ordered by phone from the MHN main office.

"As an individual who was diagnosed with genetic (Alpha-1 Antitrypsin Deficiency) COPD in the 1980s, I know first-hand what it's like to have an exacerbation, and what it feels like to be unable to breathe," said John W. Walsh, president and co-founder of the COPD Foundation. **"This booklet is helpful to not only the COPD patient, but also their caregivers, family and friends who want to learn more about the third leading cause of death in the U.S."**

Breathe Easy also describes how COPD affects families and provides advice for caregivers. This guide is an essential read for every man who is concerned about his

health and the well-being of his loved ones. Women are also at heightened risk, and the same factors that contribute to COPD in an adult can impact the life of a child and increase their susceptibility to developing the disease.

“The heart is physically very close to the lungs and is connected to them by blood vessels. COPD can lead to damage to the heart resulting in heart failure. This adds to the symptoms that patients experience and it can complicate treatment,” said Richard Allen Williams, MD, FACC, Founder, Association of Black Cardiologists, Inc.

[Men's Health Network](#) (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

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