



### Remember:

- If you or someone you know has a cough with phlegm (discharge) for more than 15 days, it could be **tuberculosis**.
- A health care service provider will know how to help you.
- There are drugs that cure tuberculosis, and they are free of charge.

**Tuberculosis takes your breath away.**

**Every breath counts.**

**Stop Tuberculosis Now!**

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March 24  
**World TB Day**



**Pan American  
Health  
Organization**

*Regional Office of the  
World Health Organization*

# To **Breathe** or not to **breathe**

## **Did you know that breathing is a voluntary act?**

However, it is important to keep in mind that we do it involuntarily some 20 thousand times a day.

The mechanics consists mainly of taking in air (inhaling) and blowing out air (exhaling) to and from the lungs

## **Practical Exercise**

### **Step 1**

Close your eyes.

### **Step 2**

Listen.

### **Step 3**

Take a deep breath through your nose.

### **Step 4**

Let it out through your mouth.

How do you feel?

How important is the act of breathing?

Increasing oxygen levels in the blood through good breathing is key for increasing energy levels in both your body and your mind.

Did you know that 70 percent of our energy comes from breathing?

## **Is there a problem with this mechanics?**

Yes, with every breath, we take in not just air but also bacteria that can cause diseases.

Some diseases that can be contracted in this way are the flu, pneumonia, and more importantly **tuberculosis**.

This happens when a someone who is sick with tuberculosis coughs, and a healthy person inhales the air loaded with the tuberculosis bacteria.