



*Advancing the Frontiers of the Pulmonary
Medicine in the Philippines.*

Philippine College of Chest Physicians

*A specialty society of the Philippine Medical Association (PMA)
A component society of the Philippine College of Physicians (PCP)
A member society of the Asian Pacific Society of Respiriology (APSR)
and the European Respiratory Society (ERS)*

The Philippine College of Chest Physicians Kilusang Malusog na Baga In celebration of the Lung Month August 2017

Pulmonary disease continues to be a common cause of hospitalizations, absenteeism and even death. People get hospitalized or die of pneumonia, curable diseases like tuberculosis continue to plague our country, asthma is still a common cause of absenteeism from school or work, and smoking related diseases like COPD and cancer are on the rise. All of these conditions contribute to the skyrocketing cost of health care which, sad to say, not everyone can afford. We, in the Philippine College of Chest Physicians, believe that by promoting healthy lungs and preventive health care, we can help our community stay healthy and reduce health care cost. After all, an ounce of prevention is worth a pound of cure, as the saying goes.

For this year, we will be featuring different pulmonary conditions for each week of the month of August in different radio, print and TV shows.

Week 1 – COPD, lung cancer, anti smoking and air pollution

Week 2 – Bronchial asthma

Week 3 – Tuberculosis

Week 4 – Pneumonia and prevention

As a culminating activity for the Lung Month celebrations, Philippine College of Chest Physicians will hold its first ever **KILUSANG MALUSOG NA BAGA** mini health fair slated for **August 27, 2017 from 8 – 12 at the Quezon Memorial Circle**. This will be preceded by **ZUMBAGA**, a Zumba activity from 6 am to 8 am in the same venue.

Tents and booth spaces will be provided, each booth featuring an education module or a game or gimmick that will promote healthy lungs, or educate about a particular lung condition.

Here are some topics that will be covered during the health fair: Healthy vs diseased lungs, free spirometry, take a COPD test, STOP smoking information, asthma and inhaler devices, TB or not TB, snoring, exercise to improve lung health and build endurance, healthy lungs in the workplace, cough hygiene, preventing respiratory infections and preventing DVT.

Both the health fair and the Zumba activity promises a steady influx of participants and bystanders which will go a long way towards increasing public awareness on pulmonary health care.

For further information, please visit the PCCP website at www.philchest.org or call (632) 9249204.

About National Lung Month

August of every year is lung month by virtue of proclamation no. 1761 s. 1978 proclaimed by Philippine President, Ferdinand E. Marcos. This decree was done in 1978 in recognition of the fact that lung diseases, especially pneumonia and tuberculosis, continue to exact a huge toll of precious lives among Filipinos, especially the low-income group. This declaration aimed to increase public awareness of these diseases.

About Philippine College of Chest Physicians

Established on April 25, 1973, the Philippine College of Chest Physicians (PCCP) is the premiere specialty organization acknowledged as the authority in pulmonary medicine in the Philippines. It sets the standards of excellence in the training and practice of pulmonary medicine in the Philippines.

PCCP is a value-centered specialty organization. It empowers its members, who are recognized and respected experts in the field, to constantly adapt and innovate to set the benchmark of excellence in the practice of pulmonary medicine in the Philippines. It is a body all around the country, comprised of 691 fellows, 91 diplomates, 9 honorary members and 322 associate members.

PHILIPPINE COLLEGE OF CHEST PHYSICIANS

 84-A Malakas St., Pinyahan, Quezon City 1100

 (632) 924-9204  Fax No. (632) 924-0144

 E-mail address: secretariat@philchest.org

 Website address: www.philchest.org

Facebook: PCCP Manila

Twitter: philchestorg

Instagram: philchestorg