



# About Breathe Pennsylvania

Breathe Pennsylvania's mission is to help Western Pennsylvanians breathe better and live healthier. Breathe Pennsylvania empowers individuals through awareness, education and direct services.

Through our locally focused programs and services, we strive to equip the residents of Western Pennsylvania with the knowledge and tools they need to become advocates for their own lung health. Founded more than 100 years ago to help combat tuberculosis, we have a long and rich history of promoting respiratory health.

Today, our services have evolved to include lung health education and programs to the community. We help local residents who are living with respiratory ailments, such as asthma or COPD, provide information and resources to health care professionals, as well as offer preventative lung health and smoking cessation resources.

Breathe Pennsylvania assists anyone wishing to learn more about their lungs and how to keep them healthy.



**STANDARDS FOR  
EXCELLENCE**

## Support Breathe Pennsylvania

Each year, the average person takes approximately eight million breaths. For those suffering from respiratory ailments, every individual breath can be a struggle. All dollars donated to our organization stays in Western Pennsylvania, allowing us to continue to provide our programs and services to more than three million residents each year.

For more information, call 724-772-1750 or visit [www.breathepa.org](http://www.breathepa.org).  
Cranberry Professional Park | 201 Smith Drive, Suite E | Cranberry Township, PA 16066

**B R E A T H E**<sup>®</sup>  
PENNSYLVANIA

# Programs & Services

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## Direct Lung Education

Breathe Pennsylvania provides lung disease education with a focus on asthma and COPD management and the goal of educating individuals about their disease and improving their quality of life. If you have a lung disease or you are from a health facility that has patients who could benefit from lung education, Breathe Pennsylvania can meet with you or your patient for a training session.

## Obstructive Sleep Apnea (OSA) Education

You may be 1 in 5 people who has OSA, a sleep disorder that is very common and treatable and affects as many as 22 million Americans. If you think you may have OSA, you should make an appointment with your doctor. We offer OSA educational materials to professionals and the public.

## Patient Assistance

As a part of our commitment to helping people with lung disease, Breathe Pennsylvania offers a patient-assistance program for respiratory patients with an immediate need for medication, pulmonary rehabilitation, nebulizers, and more. Assistance is based on income guidelines.

## Radon Services

Breathe Pennsylvania sells short-term radon test kits (3-7 days), which include shipping and analysis.

## School Asthma Initiative

The School Asthma Initiative offers programs and resources to Early Learning Centers, K-12th grade and beyond to educate school personnel, students and early learning practitioners about proper asthma management.

## Smoke-Free for Life

Smoke-Free for Life is an adult smoking cessation program that uses a group approach to quitting, while still focusing on the individual needs of each smoker. All aspects of tobacco use are addressed in the program. Smoke-Free for Life is appropriate for use in both a community and workspace setting.

## Smokeless Saturday

Smokeless Saturday is a half-day tobacco cessation and awareness program for students who have been found with tobacco or nicotine on school property. The program uses a positive approach to motivate, teach and empower students to stop using tobacco.



## Tuberculosis Education

Breathe Pennsylvania offers tuberculosis (TB) educational materials for health care professionals and the public. Financial support provided to the local health department is aimed at enhancing public health TB-elimination strategies. Professional programs include TB skin test training and our popular See-and-Touch Arms for skin test reading and interpretation.