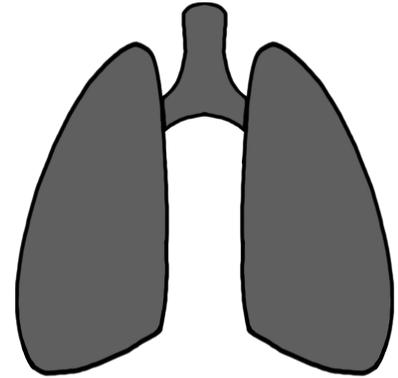
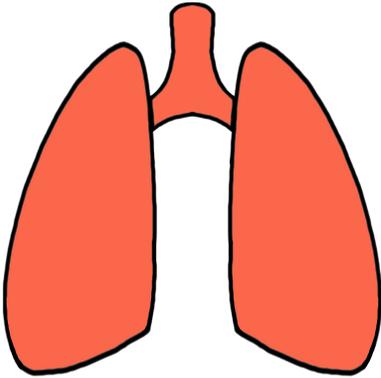


# Don't Delay Making Sure Your Lungs are Healthy Today!



Covid-19 safety is why clinicians have not recommend the lung function test. Failure to diagnose lung issues will lead to irreversible damage and possibly death.

## When to Consult Your Doctor About Having a Lung Function Test

Ask your doctor for a lung function test if you:

- Have symptoms of a breathing problem such as shortness of breath, wheezing, and/or coughing
- Have a chronic lung disease [such as asthma or chronic obstructive pulmonary disease (COPD)]
- Have been exposed to asbestos or other substances known to cause lung damage
- Have scleroderma, a disease that damages connective tissue
- Have sarcoidosis, a disease that causes damage to cells around the lungs, liver, and other organs
- Have a respiratory infection
- Had an abnormal chest x-ray
- Are scheduled for an operation such as abdominal or lung surgery

## How much does it cost to have a lung function test?

The average national cost for a lung function test is [\\$799](#) (please contact your health insurer to determine your out-of-pocket costs)

If you can't afford the costs of care, free or low-cost Health Centers can be found by searching databases of: [the Department of Health & Human Services](#) or [NeedyMeds](#).

## What does a lung function test measure?

According to Johns Hopkins Medicine: *Pulmonary function tests (PFTs) are noninvasive tests that show how well the lungs are working. The tests measure lung volume, capacity, rates of flow, and gas exchange. This information can help your healthcare provider diagnose and decide the treatment of certain lung disorders.*

There are 2 types of disorders that cause problems with air moving in and out of the lungs:

**Obstructive:** This is when air has trouble flowing out of the lungs due to airway resistance. This causes a decreased flow of air.

**Restrictive:** This is when the lung tissue and/or chest muscles can't expand enough. This creates problems with air flow, mostly due to lower lung volumes.

PFT can be done with 2 methods. These 2 methods may be used together and perform different tests, depending on the information that your healthcare provider is looking for:

**Spirometry:** A spirometer is a device with a mouthpiece hooked up to a small electronic machine.

**Plethysmography:** You sit or stand inside an air-tight box that looks like a short, square telephone booth to do the tests.

For Information on what the PFT Measures abbreviations mean [CLICK HERE](#)