**Understanding Respiratory Problems**

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| **Problem** | **Description** | **Causes & Risk Factors (heredity, environmental, behavioral, other)** | **Communicable (i.e. is it contagious/**  **Transferrable)** | **How to protect against this?** |
| Common cold |  |  |  |  |
| Pneumonia |  |  |  |  |
| Allergies |  |  |  |  |
| Asthma |  |  |  |  |
| Lung Cancer |  |  |  |  |

***\*Behavioral***: Illnesses/diseases that are created or exacerbated by behavior or lifestyle choices, such as diet, activity level, substance use (tobacco, alcohol, drugs), stress management choices.

***\*Environmental***: Illnesses/diseases that are created or exacerbated by exposure to specific substances in the environment or environmental hazards such as air pollution, toxic wastes, secondhand smoke.