

B	I	N	G	O
tobacco smoking	COPD	aspirin	monitor breathing	colds
air pollution	shorness of breath	inflammation	Chest tightness	respiratory system
Chronic Bronchitis	bronchi	FREE	carbod dioxide	quit smoking
cardiovascular system	lungs	avoid lung irritants	excessive mucus	asthma
Emphysema	Stress	exhale	allergens	inhale

B	I	N	G	O
transport	oxygen	lungs	inflammation	quit smoking
Emphysema	Stress	inhale	excessive mucus	air pollution
exhale	Chest tightness	FREE	bronchi	COPD
colds	tobacco smoking	wheezing	allergens	Chronic Bronchitis
monitor breathing	alveoli	carbodioxide	aspirin	avoid lung irritants

B	I	N	G	O
exhale	air pollution	lungs	inhale	alveoli
Chest tightness	wheezing	aspirin	transpor t	smoker's cough
allergens	quit smoking	FREE	cardiovascular system	monitor breathing
COPD	Stress	excessive mucus	carbod dioxide	breathing
tobacco smoking	Chronic Bronchitis	respiratory system	Emphysema	shorness of breath