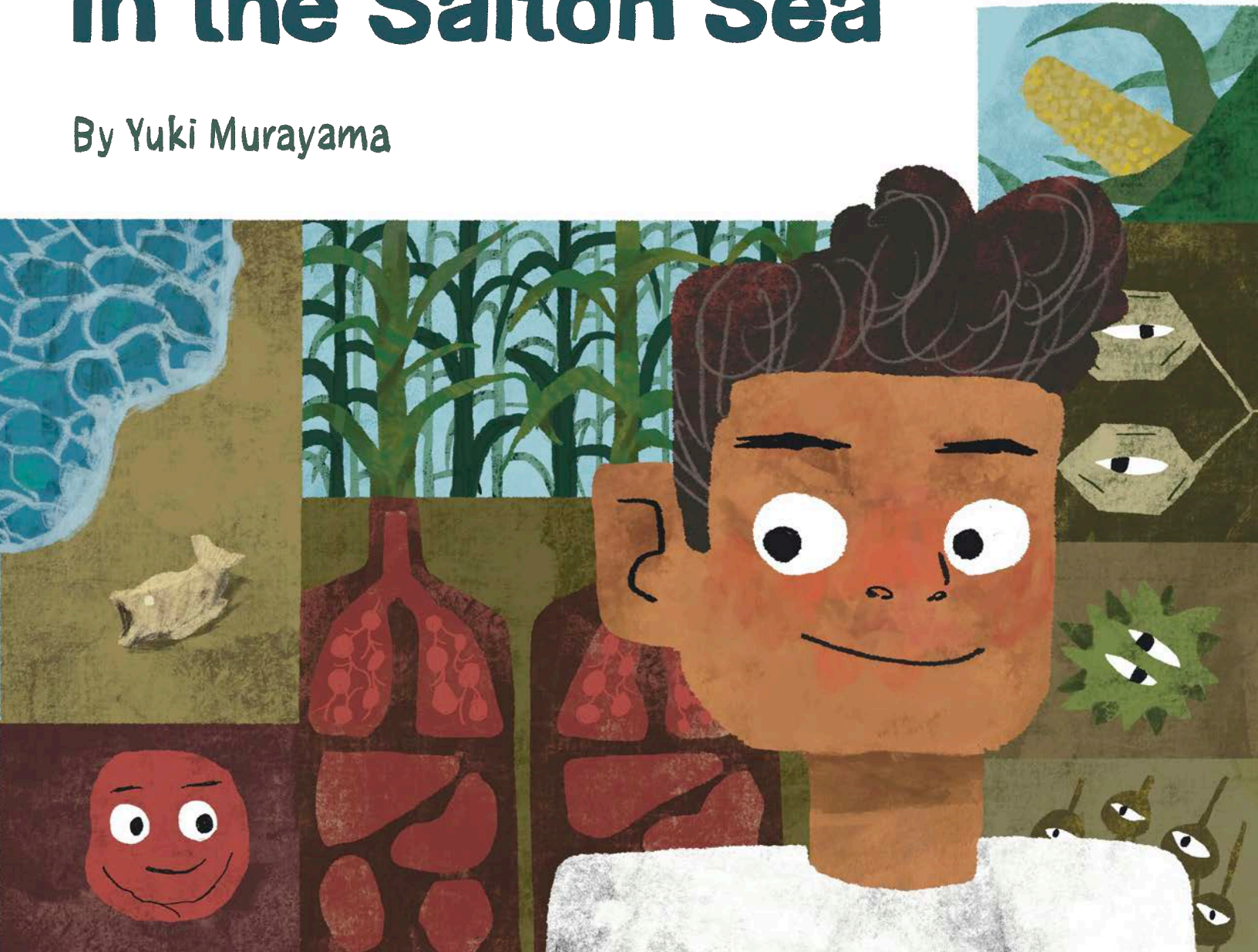


A Lung Story In the Salton Sea

By Yuki Murayama



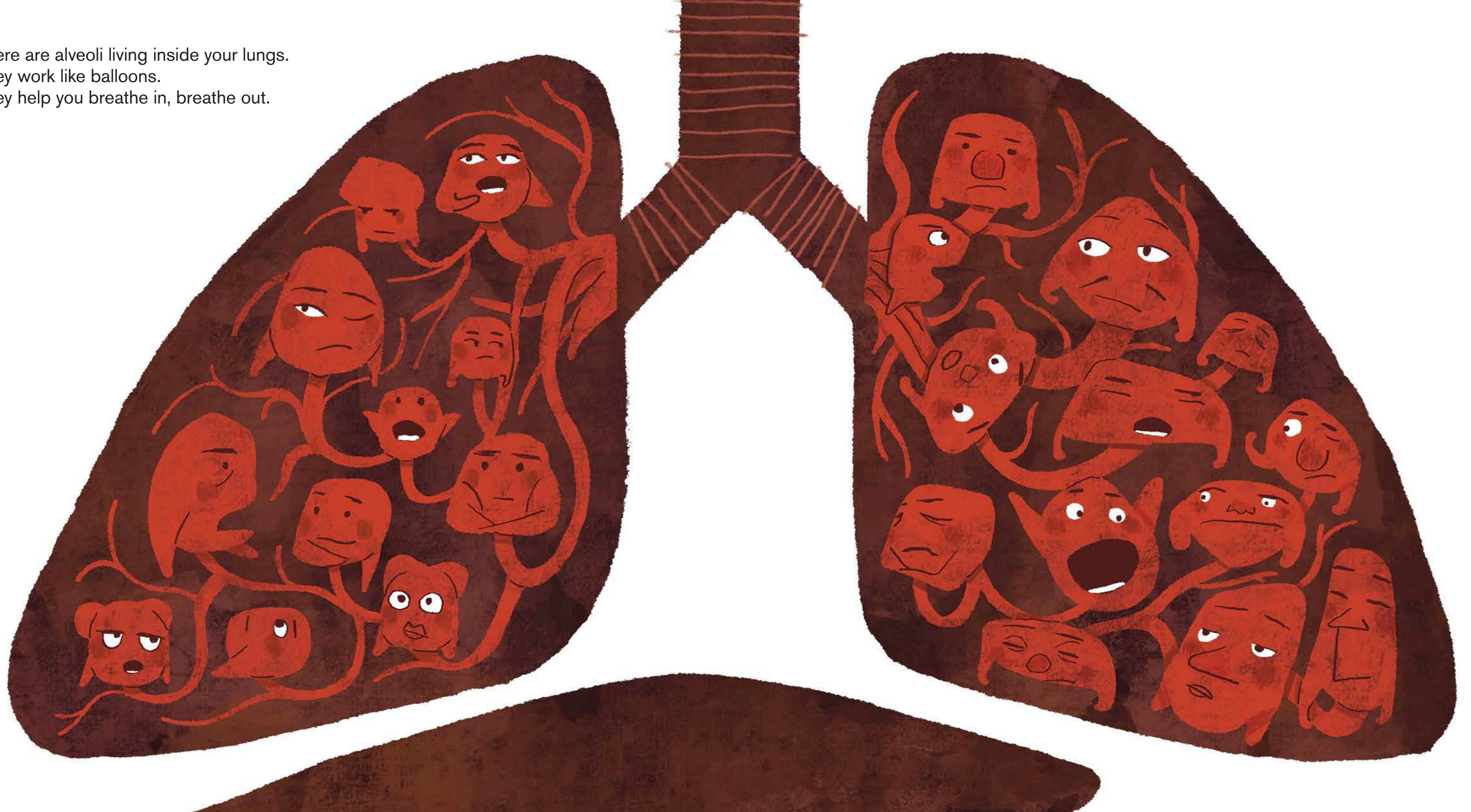
A Lung Story

In the Salton Sea

By Yuki Murayama



There are alveoli living inside your lungs.
They work like balloons.
They help you breathe in, breathe out.





Alveoli help you run,
when you run outside.

There are a lot of dust, mites, mold, pollen, and viruses in the soil of farmland.



They seep into the Salton Sea,
when agricultural runoff happens...



Meanwhile the lake gets


Saltier

and

Saltier

like a salty soup.





On dry days, the dust
mold, pollen, and viruses

hover in the air!

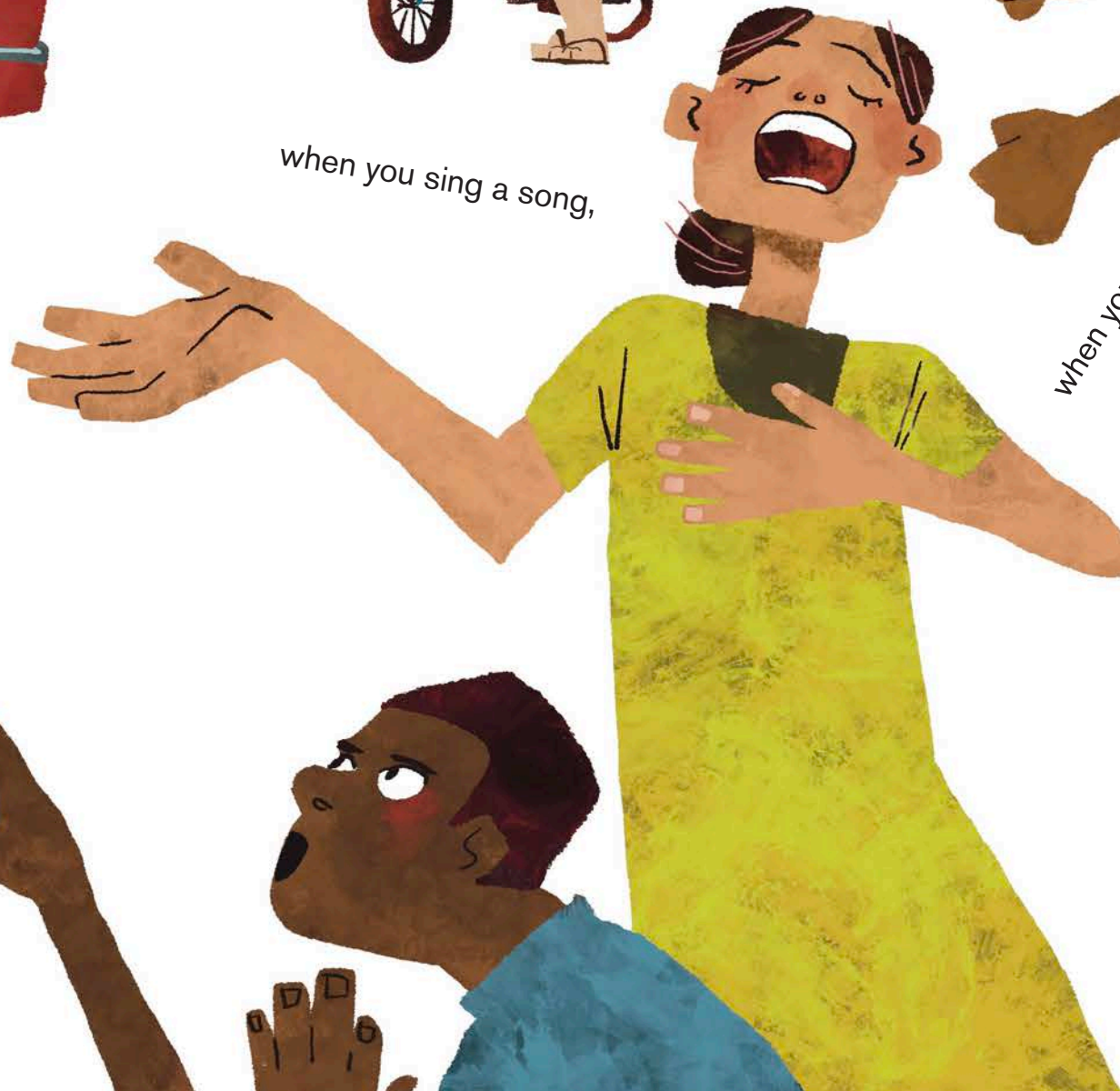
When you are in a car,



when you ride a bicycle



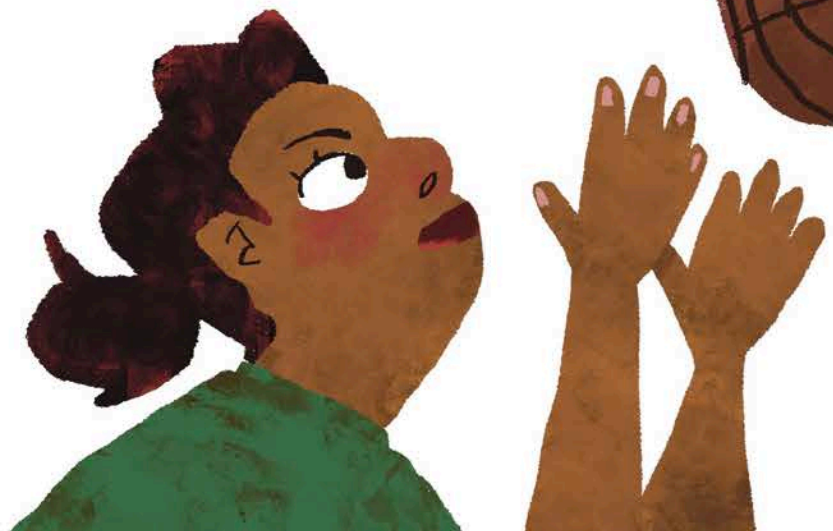
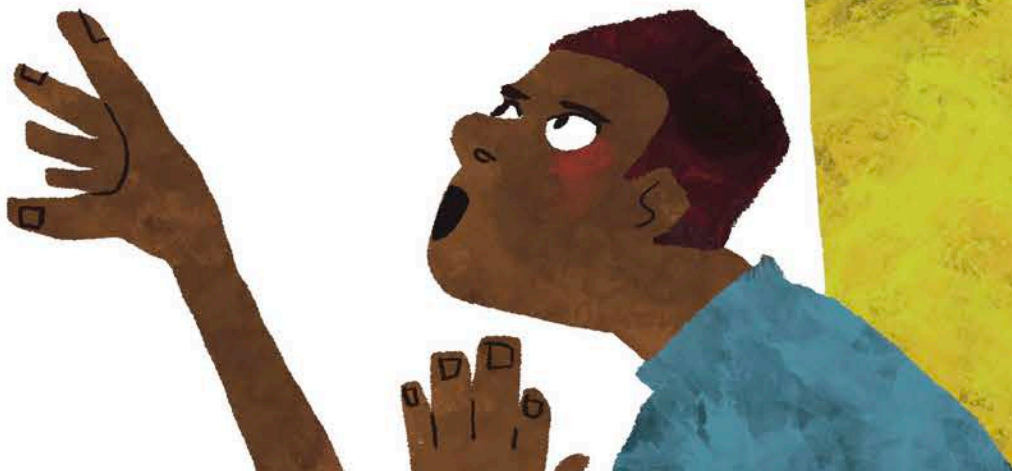
when you sing a song,



when you dance...



when you throw a ball,



you breathe them in.

And they get **STUCK!**
Then they cause inflammation.



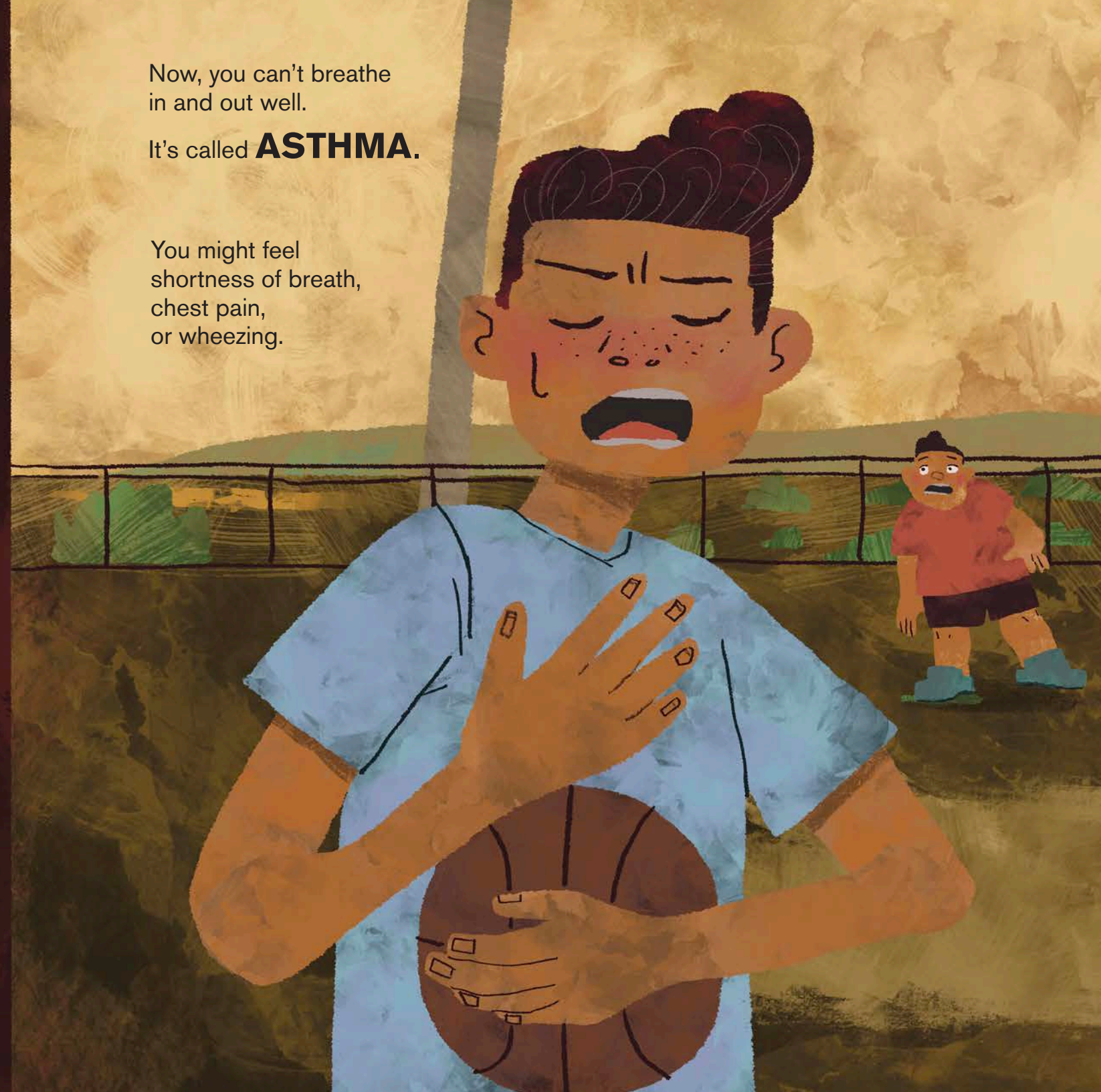
And the alveoli in your lungs can't breathe because of them.

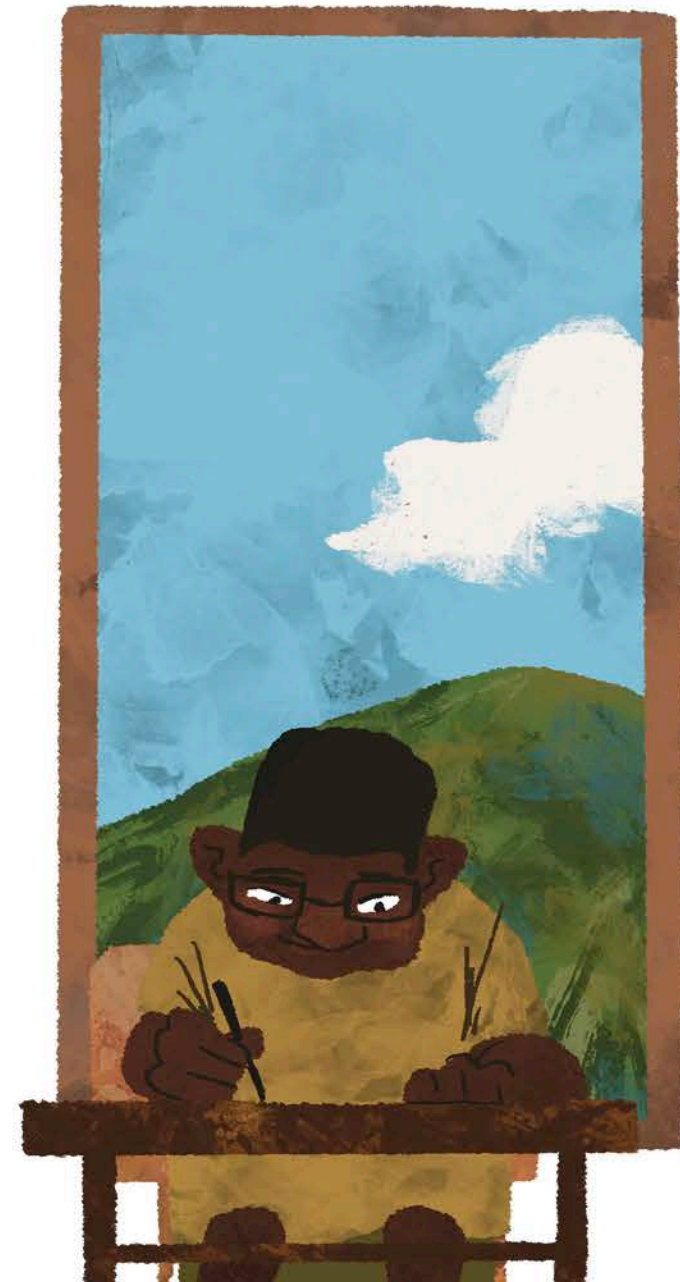
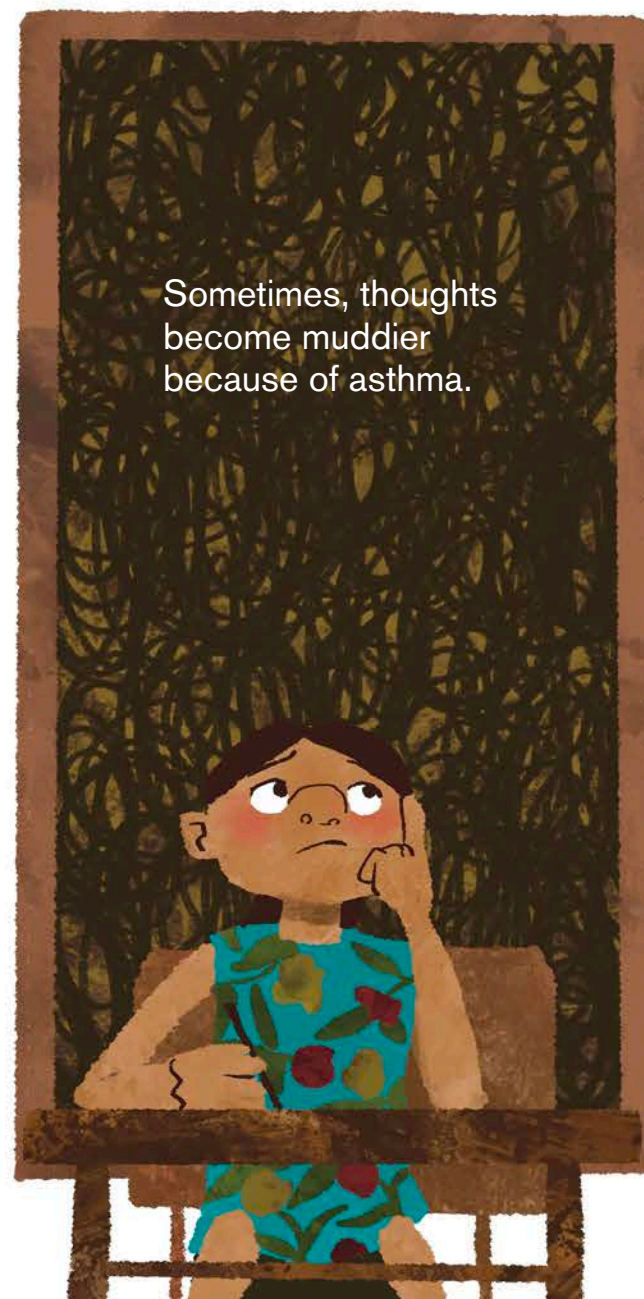


Now, you can't breathe in and out well.

It's called **ASTHMA**.

You might feel shortness of breath, chest pain, or wheezing.





Even when you become an adult,
asthma still interferes with your daily activities.



Asthma can't be cured, but its symptoms can be controlled!



Ask and work
with your doctors!



Use your inhaler!



Track your symptoms and
record how well your lungs is working!



Many people are working everyday to save the Salton Sea.

Scientists at UC Riverside are trying to figure out what kind of irritant causes asthma near the Salton Sea.

Resources

Center for Health Disparities Research at UC Riverside School of Medicine

Website: healthdisparities.ucr.edu
Email: healthdisparties@medsch.ucr.edu

The Center aims to inform the dialogue on health disparities. The BREATHE Center holds annual workshop to talk about regional ecology, aerosolized toxins, and health effects.

Visit The Center for Health Disparities Research website (healthdisparities.ucr.edu) for more information.



Vocabulary

Alveolus

Plural Noun: alveoli

Alveolus is a tiny air sac of the lung. They help the blood exchange oxygen and carbon dioxide while you are breathing in and breathing out.

Inflammation

Inflammation is your body fighting against harmful things such as viruses and bacteria. When inflammation happens, part of your body becomes reddened, swollen, and often painful.



