



Straws

This exercise demonstrates how difficult it is and how it feels to breathe like someone with emphysema.

Is there any of you that have asthma?
Please do not participate in this exercise.

1. I would like you all to stand up and push in your chairs.
2. When I say go, I would like you to run/jog in place for 1 minute while holding the straw in your hand.
3. DO the MINUTE
4. Now stop and put the straw in your mouth, pinch your nose with one hand and breathe only through your mouth.
5. I want you to breathe like this for one minute. If you can't make it to one minute, please sit down when you take a breath through you nose or with your mouth open.
6. After one minute: if anyone standing, stop breathing through the straw.

How did that feel, did you feel panicky about getting enough air?

This is how Emphysemics feel especially if they start coughing. It gets harder to catch their breath.

For all of you doing this exercise, you had a choice of when to start breathing normally but as an emphysemic how would you like to breathe like this for 10-20 years?

