

# 4 Out of 5 Pulmonologists Agree: Breathing is Important

CHARLESTON, SC - During a recent press conference, America's top [pulmonologists](#) confirmed that [breathing](#) is extremely important and necessary for maintaining the function of several [vital organs](#). The lone dissenting pulmonologist admitted that breathing is likely important, but would like to see more research first.

I would urge every [American](#) to continue taking breaths on a daily basis," stated David Gozal, president of the [American Thoracic Society](#) and outspoken proponent of breathing. "It doesn't do you any good to [stop breathing](#). In fact, not breathing can lead to a whole bunch of [other problems](#)."



The [literature](#) does seem to back up Dr. Gozal's claim that taking periodic, life-sustaining breaths are important for overall well-being. In a recent publication by the [New England Journal of Medicine](#), not breathing was found to increase the risk of headache, [muscle pain](#), syncope, and even [death](#) in some cases. The study goes on to claim that the lungs, or "breathing muscles," are primarily responsible for making breath. Without them, patients will reportedly have a difficult time continuing to breathe properly.

"I've seen it over and over again," reported Gozal. "A patient stops breathing and pretty soon they are in a [heap of trouble](#). I don't care [how many breaths you take](#). Big breaths, small breaths, fast breaths, [slow breaths](#), they all help maintain your general health. We even breathe a great big breath when we [yawn](#), so that will help too."

If you are not sure if you are breathing, pulmonologists urge people to quickly breathe into their [freezer](#). If you can see your breath, then you can rest assured that you are breathing appropriately.

Research into breathing is ongoing. Investigators at the [National Institutes of](#)

[Health \(NIH\)](#) are trying to determine the significance of involuntary sharp inhalation right before a sneeze. Also, an ongoing study out of Duke Medical Center is trying to evaluate how we keep breathing when we are asleep even though we aren't even thinking about it.