

The Organisation for Respiratory Health in Finland

AN ADVOCATE FOR RESPIRATORY HEALTH

Our mission is to promote respiratory health and support a good life for people with respiratory diseases – so that breathing is easier for all of us.

Weather and climate risk programs

The harmful effects of climate warming on respiratory health are especially felt by elderly people and those with chronic illnesses.

Weather and climate risks can still be prevented and mitigated. It is still possible to influence the quality and extent of their consequences for humans, animals, and plants.

“By acting in time, we give ourselves the opportunity to adapt to change and protect future generations.”

Nature has been proven to be good for mind and body in several ways. We encourage everyone to spend more time in nature. We bring the health benefits of nature into awareness in different programs like Luontohengähdys “Breath of nature” (2024–2026).

You can find all our materials online



Solutions for you and for the decision-makers



Breathe and be out of breath

Everyone should get out of breath from time to time.

Information on respiratory physiology and various breathing techniques as well as exercise tips for people of all ages and fitness levels.



Check out our exercise videos on YouTube – suitable for everyone!

 @Hengityслиitto

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Enjoy nicotine free life

Everything you need to know about nicotine and nicotine products and support to help you quit and break the habit.



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Approximately one in five Finns experiences occasional breathing difficulties or has been diagnosed with a respiratory disease. From our popular guides and website, you can find information about respiratory conditions and how to live as well as possible with a chronic illness.



In good care

In order to take care of our health, we need to understand the contents of good healthcare and what good self-care in daily life is about.

