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Invisible particles can have visible effects for those with asthma or other lung conditions.

More people are living with lung conditions. About 25 million Americans have asthma. And COPD is the sixth-leading cause of death in the United States.

Common irritants include pet dander, outdoor pollution, fragrances, dust mites, mold and high humidity.

Avoid these allergens when possible. You'll breathe easier.

Check out the Live Healthy section of www.BlueChoiceSC.com to learn more.

