



Sing out for COPD!

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Singing for Lung Health may serve as an activity that can help engage individuals in conventional exercise training. It may have a role as an activity during pulmonary rehabilitation itself, or as a continuation activity afterwards. <https://bit.ly/3ycwOvB>

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The popular Spanish saying “*Quién canta, sus males espanta*”, that is “Singing drives your worries away”, frames a positive attitude that people facing misfortune can hope to cultivate. Although in popular culture singing and music can sometimes be connected with poor or even lethal outcomes, including the legend of Orpheus, The Odyssey’s Sirens, and many Christian Dutch and Flemish genre paintings [1], in other areas, such as opera, a changing perception of the roles of doctors, patients and disease has been reported [2].