



**GEPRAPS**  
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Founded on July 20, 2021, **GEPRAPS** is a space for discussions on CRDs (Chronic Respiratory Diseases) and smoking, in the context of PHC (Primary Health Care).

Located in the Faculty of Medicine of ABC, in Santo André, SP, the group has as one of its main objectives to promote the exchange with national and foreign educational institutions, and increase the participation of teachers in academia, from the guidance of students of scientific initiation and extension courses.

National reference for research and training in the area of respiratory health in PHC, **GEPRAPS** performs different activities, such as workshops; seminars; conferences; panels; symposia; meetings; lectures; workshops; courses and educational campaigns, issues related to chronic respiratory diseases and smoking. In addition, it represents the IPCRG (International Primary Care Respiratory Group) in Brazil, a clinically led charity whose scope of action is research and education to improve prevention, the diagnosis and treatment of respiratory diseases in the global community and in primary care settings.



### Mission

To Produce, disseminate and apply the scientific and technological knowledge, to promote the strengthening of PHC in the integral approach of the person with Chronic Respiratory Disease in the community.



### Vision

Be a reference in teaching, research, extension and innovation, contributing to the improvement of PHC for the exercise of good practices in respiratory health on local and national level.



### Values

Cooperation;  
Transparency;  
Respect;  
Commitment;  
Innovation.

# Where Do we Operate?

## Activism, Communication and Social Mobilization

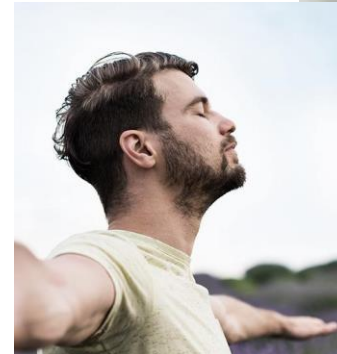
**GEPRAPS** works hard on these pillars to increase recognition of the importance of PHC in the prevention and control of diseases such as asthma and COVID-19, in addition to the issue of smoking.

## Strategic and Scientific Intervention

**GEPRAPS** GEPRAPS prepares regional and national action plans and projects to strengthen the health system for the prevention and control of CRD, especially asthma and Chronic Obstructive Pulmonary Disease, Smoking and COVID-19 management.

## Respiratory Diseases in the Daily Life of Brazil

**GEPRAPS** studies epidemiological differences and acts in the context of climatic conditions.



# Where Do we Operate?

## Manifesto Breathe Well, Brazil!

According to the IPCRG (International Primary Care Respiratory Group), more than 250 million adults worldwide over the age of 40 live with COPD (Chronic Obstructive Pulmonary Disease). The disease kills about 3 million people per year (6 people per minute), and 80% of all deaths occur in low- and middle-income countries. However, about 50% to 70% of people living with COPD remain undiagnosed, due to limited capacity of health services and lack of knowledge about the disease. Smoking is the main risk factor for COPD.

Therefore, **GEPRAPS**, an enthusiast and supporter of the Manifesto, promotes different actions on the subject.



## World No Tobacco Day

Created in 1987 by the WHO (World Health Organization) to alert the population about the dangers of smoking, the date is celebrated annually on May 31. On this day, **GEPRAPS** promote a series of events.

# Where Do we Operate?

## Smoking

Smoking is a disease caused by nicotine addiction. Offering treatment to those who wish to quit smoking is an important smoking control strategy.

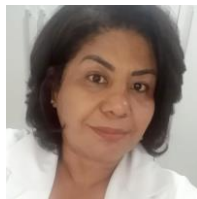
The Covid-19 pandemic can be a stimulus for health care, including smoking cessation. The quality of life improves a lot when stopping smoking as well as lung capacity, leaving the person less vulnerable to numerous diseases, among them, Covid-19.

## When quitting smoking, the health benefits are almost immediate:

- After 20 minutes, blood pressure and pulse rate return to normal.
- After 2 hours, there is no more nicotine circulating in the blood.
- After 8 hours, the level of oxygen in the blood normalizes.
- After 12 to 24 hours, the lungs work better.
- After 2 days, the smell already perceives better the smells and the taste already tastes better the food.
- After 3 weeks, breathing becomes easier and circulation improves.
- After 1 year, the risk of death from myocardial infarction is reduced by half.
- After 10 years, the risk of suffering a heart attack will be equal to that of people who have never smoked.



# Who We are?



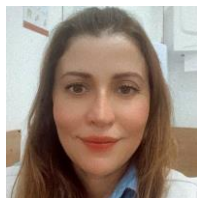
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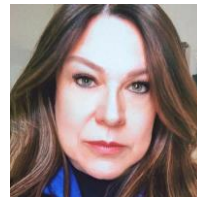
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