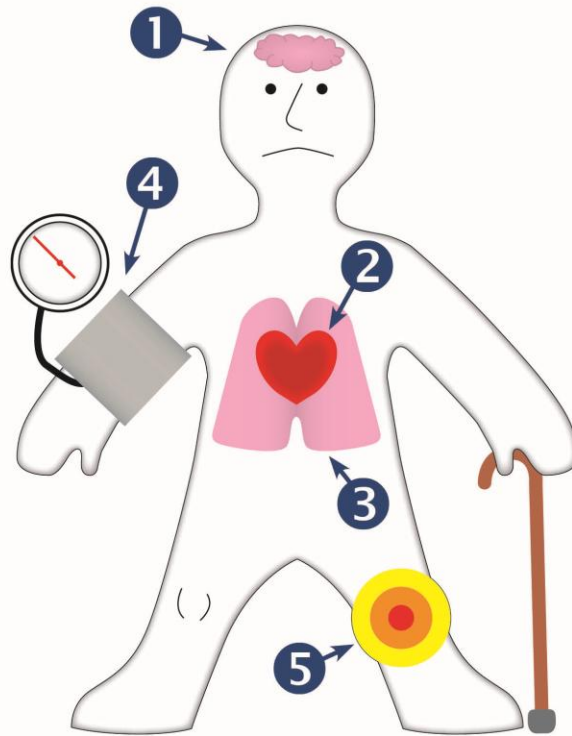


# The Cold & Your Health



- 1 Brain**  
The cold can increase the risk of social isolation and depression
- 2 Heart**  
Increases the risk of heart attacks
- 3 Lungs**  
More prone to chest infections and can trigger chronic lung diseases, such as Asthma or COPD
- 4 Blood Pressure**  
Increases blood pressure
- 5 Mobility**  
May increase the risk of falls and worsens arthritis symptoms