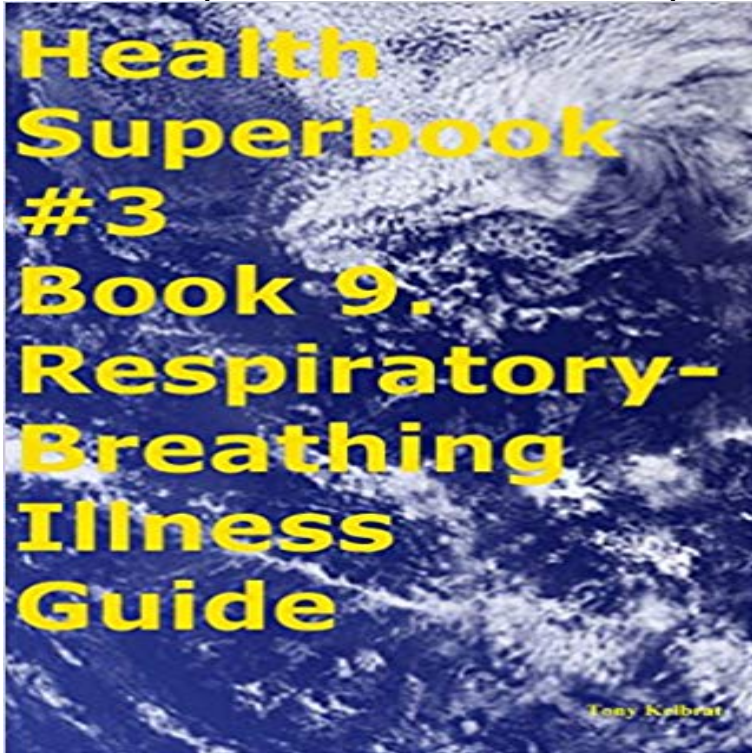


Health Superbook #3 Book 9. Respiratory-Breathing Illness Guide



Lungs are for life as an engine is to a car. Why would anyone wanna mess with their lungs by doing something as stupid as smoking cigarettes? The major lung diseases are: Asthma. Bronchiolitis. Chronic bronchitis. Emphysema. Lung cancer. Pneumonia. Tuberculosis. Whooping cough. All of them are characterized by air being prevented from properly being absorbed by the lungs via airway damage, mucous build up or general deterioration. All of these conditions are sometimes called Chronic Obstructive Pulmonary Disease (COPD). Pulmonary edema is a condition characterized by extra fluid in the lungs. A pulmonary embolism is a blood clot or piece of fat blocking an artery in the lungs that affects breathing. Respiratory diseases are characterized by persistent coughing, pain in the chest, tiring easily and the need to take great gulps of air after very moderate exercise such as climbing a flight stairs. The best measures to deal with them are to breathe clean air, stop smoking, exercise, eat good foods, get rest, take the proper medications and bend over and cough out to get rid of the mucous build up. The air you breathe passes through your windpipe/ trachea which divides into two smaller tubes called bronchial tubes, each of which leads to one of the lungs. The bronchial tubes branch into smaller and smaller tubes called bronchioles. At the ends of the bronchioles tiny clusters of air sacs called alveoli absorb oxygen into the bloodstream and eliminate carbon dioxide from the bloodstream. Your diaphragm, the large muscle that forms the base of your chest cavity, does most of the work during normal breathing. It contracts and expands. The right lung has three sections, or lobes and is slightly larger than the left lung, which has only two lobes. About ten percent of the lungs is solid tissue; the rest is air and blood. If your job

exposes you to airborne irritants such as car painting, mining or furnace cleaning, wear a protective mask or, if needed, a respirator to prevent inhalation of those hazardous substances. Keep your home ventilated to prevent the accumulation of harmful gases (carbon monoxide, radon) and to prevent mold and fungi from growing inside. Signs of possible respiratory disorders are: Persistent cough. Cough up blood Shortness of breath Dif?cult breathing Chest pain. Abnormal breathing noise like wheezing. Chronic obstructive pulmonary disease (COPD) refers to asthma, chronic bronchitis and emphysema. Bronchitis is in?ammation of the lining of the bronchial tubes. The person produces extra mucus, which causes him or her to cough regularly to clear the airways. Treatment for chronic bronchitis focuses on reducing in?ammation in the bronchial tubes. Sometimes bronchodilator drugs are prescribed as a temporary measure to help open up the airways. Corticosteroid medications help reduce airway in?ammation. The most common treatments are Bronchodilators, Steroids and Antibiotics. Refer to the section on allergies for more information. The pleura is the membrane lining outside of the lungs and the inside of the chest cavity. The pleura surrounding the lungs is called the visceral pleura while the portion along the chest wall is called the parietal pleura. If you have an infectious lung disease, the infection could spread to the pleury inflaming it. This is called pleurisy. The only way to get rid of it is to get rid of the disease. You can take aspirin, put ice packs or heat packs on it to relieve the pain. Pleural Effusion is a condition where fluid accumulates in the pleura. If blood accumulates, the condition is known as hemothorax. If theres pus, the condition is called empyema. A test for pleural effusion is to remove and examine some of the ?uid using a procedure called thoracentesis. Pneumothorax refers to the accumulation of air in the pleural space. It can result from an injury or disease that leaks

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