

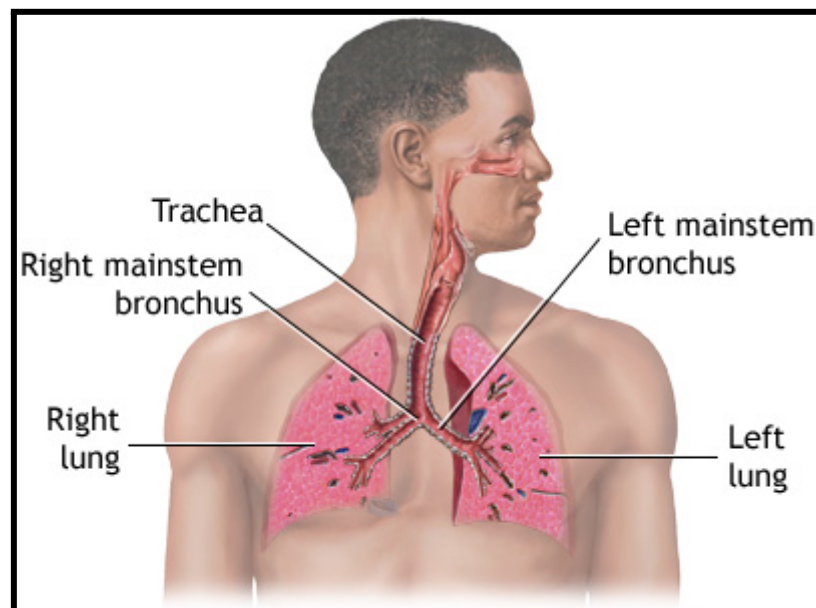
### What are the lung diseases and Why is it important to know about them:

Lung-related diseases are serious issues in India affecting all sections of societies and all ages. Asthma alone impacts over 34 million people in India, making up 13% of the global cases.

Diseases that affect lung health impact the airways, lung tissues, or the blood vessels within the lungs. These diseases can range from mild to severe. When the lungs are not functioning properly, it leads to breathing difficulties, reduced oxygen levels and overall poor health.

### How do the lungs work:

The lungs are crucial organs responsible for breathing and act as the body's air filter and gas exchange system. They extract oxygen from the air and distribute it through the airways (air sacs) into the bloodstream. The oxygen is then transported to the heart via blood vessels, which pump it throughout the body.



Source: <https://medlineplus.gov>

### The most common types of Lung Diseases:

- [Asthma](#) is when the airways become inflamed, swollen and narrow, making breathing hard.
- [Chronic Obstructive Pulmonary Disease \(COPD\)](#): This is a group of lung conditions including emphysema and chronic bronchitis that cause airflow blockage and breathing-related problems.
- [Bronchitis](#) is an inflammation of the bronchial tubes, which can be acute or chronic.

- **Pneumonia** is an infection that inflames the air sacs in one or both lungs, which may fill with fluid or pus. It is commonly bacterial.
- **Tuberculosis (TB)** is a contagious bacterial infection that affects the lungs and spreads through the air when an infected person coughs or sneezes.
- **Lung cancer**: Uncontrolled growth of abnormal cells in the lungs that form tumours and interfere with normal lung function.

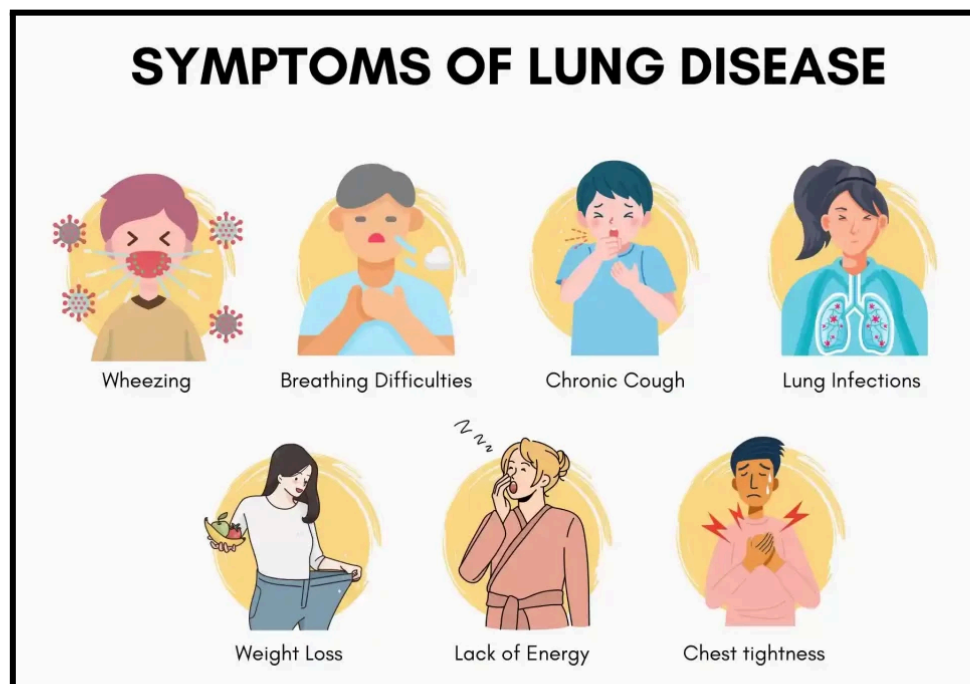
### What are the reasons for getting lung diseases:

Lung disease can occur due to various reasons including:

- Infections caused by bacteria, viruses, or fungi
- Long-term exposure to harmful substances such as tobacco smoke, air pollution or industrial chemicals
- Allergic reactions can cause inflammation in the airways
- Genetics
- Autoimmune conditions

### Symptoms of Lung diseases:

Symptoms of lung diseases vary based on the specific condition and its cause. These symptoms may appear suddenly (acute) or develop slowly over time (chronic). They can also come and go or change. Common symptoms of lung diseases include:



Source: [www.drsheetusingh.com](http://www.drsheetusingh.com)

## Complications of Lung disease:

Complications of lung disease can vary depending on the specific condition but generally include respiratory failure, chronic infections, heart problems, reduced oxygen levels and diminished quality of life. Many infections can be life-threatening for infants, children & adults over 65 years.

## How to diagnose the Lung diseases:

To diagnose lung diseases, your doctor or specialist (pulmonologist) typically performs a series of steps and tests to evaluate lung function and identify any abnormalities. This process includes:

- Reviewing **medical history** and conducting a **physical exam** to detect abnormal breath sounds or chest issues.
- Using imaging tests like chest **X-rays or CT scans** to examine lung abnormalities.
- Performing **Pulmonary Function Tests (PFTs)** to measure airflow and lung capacity with tools such as spirometry.
- Analysing **blood tests** to identify signs of infection, inflammation or other indicators of lung disease.
- Examining **sputum** to detect abnormalities in mucus.
- Using **bronchoscopy** to inspect the airways and lungs with a flexible tube.
- Measuring blood oxygen levels with **oximetry** using a small device.

## Treatment of Lung disease:

Treatment of lung disease depends on the specific condition and its severity. Common approaches include:

- Medications to manage symptoms and treat underlying causes.
- Inhalation therapy uses inhalers or nebulizers to deliver medication directly to the lungs.
- Oxygen therapy to increase oxygen levels in the blood for those with low oxygen levels.
- Pulmonary rehabilitation programs combine exercise, education, and support to improve lung function and quality of life.
- Surgery in severe cases, if required.
- Management of complications

## Tips to prevent Lung related issues:

- Do not smoke and avoid exposure to secondhand smoke.
- Reduce exposure to air pollutants, dust and chemicals. Use masks or other protective gear if exposed to harmful substances.
- Practise regular hand washing and avoid contact with infected people.
- Get vaccines for flu, and pneumonia.
- Practise healthy lifestyles
- Do regular medical check-ups to monitor lung issues.

## To Know More:

- [Flu \(Influenza\) Awareness - Tips for treatment and prevention](#)
- [COPD: Causes, Symptoms, Treatment and Prevention](#)
- [Protecting against Pneumonia](#)
- [Constant coughing - Could be Bronchitis](#)

## My Health, My Responsibility