

Lung Cancer

Causes of Lung Cancer:

- Smoking tobacco (80%)
- Family history
- Previous lung disease
- Air pollution

Symptoms include:

- Coughing, especially if it persists or becomes intense
- Pain in the chest, shoulder, or back unrelated to pain from coughing
- A change in color or volume of sputum
- Shortness of breath
- Changes in the voice or being hoarse
- Harsh sounds with each breath (stridor)
- Recurrent lung problems, such as bronchitis or pneumonia
- Coughing up phlegm or mucus, especially if it is tinged with blood
- Coughing up blood
- Loss of appetite or unexplained weight loss
- Muscle wasting (also known as cachexia)
- Fatigue
- Headaches, bone or joint pain
- Bone fractures not related to accidental injury
- Neurological symptoms, such as unsteady gait or memory loss
- Neck or facial swelling
- General weakness
- Bleeding
- Blood clots

Heart Disease

What is heart disease?

Heart disease is an umbrella term for several diseases related to the heart

What other names is heart disease referred to as?

- Cardiovascular disease
- Coronary Artery Disease
- Coronary Heart Disease
- Stroke
- Heart Failure
- Peripheral vascular disease
- Hypertensive Disease
- Rheumatic Heart Disease

List 5 risk factors.

- Diet
- Gender
- Age
- High Blood Pressure
- Family History

Heart Disease (cont)

Outline how 2 risk factors can contribute to heart disease.

Diet- If you are obese fat can grow around your heart or in your arteries, limiting your heart's ability to function

Family History - If your family has a history of heart disease, you are more likely to contract heart disease due to genes.

Emphysema

Treatment of emphysema:

- Drug therapies
- Oxygen therapy
- Pulmonary rehabilitation
- Prevention: smoking cessation
- Vaccination
- Nutrition
- Surgery

Prevention of emphysema:

To prevent emphysema, don't smoke and avoid breathing secondhand smoke. Wear a mask to protect your lungs if you work with chemical fumes or dust.

Lung Cancer

Treatment Options include:

- Surgery
- Radiofrequency ablation
- Chemotherapy
- Radiotherapy
- Targeted therapy
- Immunotherapy
- laser therapy
- photodynamic therapy
- cryosurgery
- electrocautery

To reduce risk of lung cancer:

- Don't smoke.
- Stop smoking.
- Avoid second hand smoke.
- Test your home for radon.
- Avoid carcinogens at work.
- Eat a diet full of fruits and vegetables.
- Exercise most days of the week.



Artificial heart valves

Artificial heart valves are mechanical or animal valves, implanted into a heart to help it pump blood through the heart. It is usually given to patients with valvular heart disease.

- The animal heart valves can raise some problems, because some patients may have a moral or religious problem with the animal's death.
- The animal heart valves also does not last as long as the mechanical heart valves.
- However the mechanical heart valves do require blood thinner medication, but the animal valves don't more than half the time.
- All replacement heart valves increase risk of stroke.
- Mechanical heart valves also have a clicking noise that can be annoying to some patients,
- But unlike the animal often does not require a second surgery.
- However it is a very efficient way of treating valvular heart disease,
- But there are a few other options that are only slightly more expensive.

Because it often requires surgery or medication, and can increase risk of stroke.

I believe it is better not to get Artificial Valves.

Emphysema

Cause of emphysema:

- Smoking
- Low body weight
- Childhood respiratory disorders
- Exposure to passive cigarette smoke
- Air pollution
- Occupational dust (mineral dust, cotton dust, for example)
- Inhaled chemicals (coal, grains, isocyanates, cadmium, for example).

Symptoms of emphysema:

- Shortness of breath
- Cough.
- Frequent lung infections
- Producing a lot of mucus (phlegm or sputum)
- Wheezing
- Reduced appetite
- Weight loss
- Fatigue
- Blueness of the lips or fingernail beds (from cyanosis caused by poor respiration)
- Anxiety, depression
- Sleep problems
- Morning headache signals nighttime breathing difficulty (nocturnal hypercapnia or hypoxemia)

