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## RESPIRATORY DISEASES:

### CAUSES, SYMPTOM & PREVENTATIVE MEASURES

The primary role of breathing is to absorb oxygen and expel carbon dioxide through the movement of the lungs. Sometimes we take our lungs for granted. They keep us alive and well for the most part. That's why it is important to prioritize your lung health. We can live for a long time without food, water and even sleep, but not without oxygen. We must realize how important breathing is to our physical and mental health. When our lung health is impaired, we realize that nothing else, but our breath is what really matters. Threats to our lungs are everywhere. Lung diseases kill millions and cause suffering to millions more. Fortunately, many of these threats are avoidable and treatable. by acting now, we can save ourselves and many more.

#### TYPES DE MALADIES PULMONAIRES

1. Asthma (Causes: Environmental allergies, infections, and pollution)
2. COPD (Causes: Cigarette smoking and second hand smoke)
3. Chronic Bronchitis (Causes: Viral or bacterial infection)

4. Lung Cancer (Causes: Smoking, second hand smoke, air pollution, radiation, and exposure to asbestos)

#### Symptoms

1. Shortness of breath
2. Wheezing
3. Coughing
4. Shallow breathing

#### PREVENTATIVE MEASURES

1. Stay clear of smoking and secondhand smoke
2. Avoid infection by washing hands often and vaccinations for infectious diseases.
3. Reduce your exposure to allergens, pollutants, food allergies and exposure to cold.
4. Practice deep breathing or diaphragmatic breathing exercises.
5. Stay home if you are sick to avoid spreading the cold and respiratory illnesses to others.
6. Check your home for triggers such as mold, pollutants, and contaminants.
7. Visit your doctor regularly for checkups.

To conclude, respiratory diseases cause serious problems in society. Therefore, efforts from all doctors, primarily a pulmonologist, respiratory therapist, the community, and society on a whole are needed to reduce the challenges posed by these diseases.