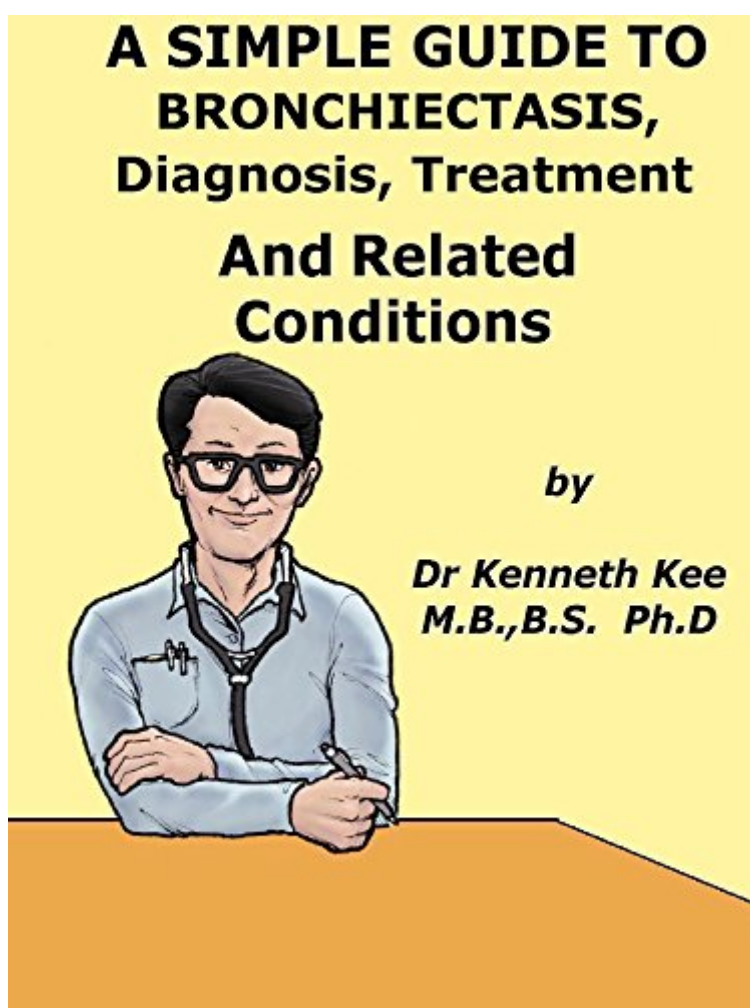


The book was found

A Simple Guide To Bronchiectasis, Diagnosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode To Bronchiectasis
Bronchiectasis is a not common pulmonary disease. This results in non-reversible dilation of the bronchi. Bronchiectasis is the result of a chronic infection and inflammation. The infective process results in the medium-sized bronchi distension. The bronchi become edematous and fill with excessive mucus secretions. The elastic muscles of the bronchial wall are weakened, resulting in dilatation. Mucus accumulates and results in repeated, serious lung infections. More damage occurs to the air tubes, resulting in air obstruction. Less oxygen is prevented from reaching the vital organs of the body. This may cause breathlessness, cough with sputum, and heart disease. Chest x-ray showed raised bronchial fluid levels and tuberculosis. A chest CT scan enhanced the signs and confirmed the bronchiectasis. Early diagnosis and treatment of bronchiectasis can prevent lung damage. The best treatment is antibiotics for infections and postural drainage. Good hydration also helps keep airway mucus moist and slippery. Removal of airway mucus occurs once it is less thick and sticky.

-An original poem by Kenneth Kee
Interesting Tips about the Bronchiolitis
A Healthy Lifestyle
1. Take a well-balanced diet.
2. The goals of treatment are to:
a. Treat any underlying conditions and lung infections.
b. Remove mucus (a slimy substance) from the lungs.
c. Maintaining good hydration helps with mucus removal.
d. Prevent complications.
Early diagnosis and treatment of the underlying cause of bronchiectasis may help prevent further lung damage. In addition, any disease associated with the bronchiectasis, such as cystic fibrosis or immunodeficiency, also should be treated. The doctor may prescribe antibiotics, bronchodilators, expectorants, or mucus-thinning medicines to treat bronchiectasis. Regular, daily postural drainage to clear pus and necrotic material and remove bronchial secretions is a routine part of treatment. The bed is often tilted to help the postural drainage. Surgery to resect localized disease of the lung may be needed if medicine does not work or if the patient has massive bleeding.

3. Keep bones and body strong
Bone marrow produces our blood. Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits. Zinc and other minerals are important to the body.

4. Get enough rest and Sleep
Avoid stress and tension.

5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly, especially if a person has not been active.

6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells.

7. Stop or do not begin smoking. It also interferes with blood supply and healing.

Chapter 1
Bronchiectasis
Bronchiectasis is

a not common respiratory illness which results in non reversible dilation of the bronchi, usually results from chronic infection. Bronchiectasis is the result of damage and enlarging of the proximal and medium-sized airways. Congenital bronchiectasis is the condition when it is present at birth. Acquired bronchiectasis occurs later in life. Mucus builds up and produces an environment in which bacteria can grow. This results in repeated, serious lung infections. Every time the air tubes are infected, more damage occurs to the air tubes. Over a period of time the bronchi lose their ability to move air in and out. Less oxygen reach vital organs.

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