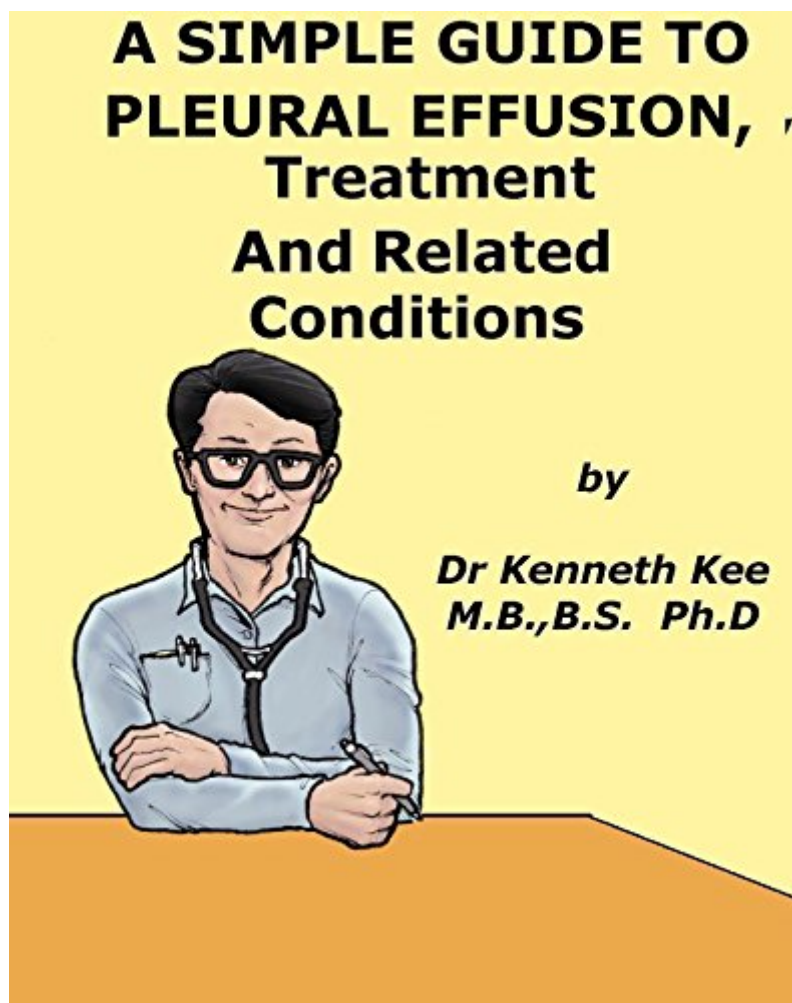




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# A Simple Guide To Pleural Effusion, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

**Introduction**  
**Ode to Pleural Effusion**  
Pleural effusion is a fluid collection in the pleural cavity, a disease between the parietal and visceral layers of the pleural space. There are 2 types of pleural effusions: transudates and exudates. Most transudates are due to generalized edema and heart failure. Exudates are due to inflammation or neoplastic disorders. The fluid has high protein content, yellow or orange in color. The causes are due to pneumonia or empyema infections, pulmonary tuberculosis and pulmonary infarction. There are symptoms such as chest pain, dry cough and breathlessness. There are faint or absent breath sounds, and percussion dullness. Treatment is to treat the cause of underlying disease and breathing relief. Chemotherapy agent or antibiotics in the pleural cavity will heal the disease. An original poem by Kenneth Kee.

**Interesting Tips about the Pleural Effusion**  
**A Healthy Lifestyle**  
1. Take a well Balanced Diet  
2. Treatment of Pleural Effusion:  
a. Pleural Aspiration is done for relief of chest discomfort and breathlessness. The Chest Drainage Device is usually connected to an underwater seal below the level of the chest. Air or pleural fluid is allowed to escape from the pleural space but nothing is allowed to return to the pleural cavity. Larger effusions may need insertion of an intercostal drain.  
b. Treatment depends on the underlying cause of the pleural effusion.  
c. Therapeutic aspiration may be sufficient in some cases of trauma and leakage.  
d. Installation of antibiotics (e.g., bleomycin, tetracycline/doxycycline) in pleural cavity.  
e. Installation of chemotherapy drugs for cancer into the pleural cavity.  
f. Surgical pleurodesis- here the parietal and visceral pleural surfaces are made to adhere to each other to prevent accumulation of fluid.  
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 can affect the neurons and brain cells.  
7. Stop or do not begin smoking. It also interferes with blood supply and healing.

**Chapter 1 Pleural Effusion**  
Last week a 56 year old came to see me with breathlessness for 2 weeks. She had a history of psychological problems under the treatment of a psychiatrist. I listened to her lungs which seems to be clear except for some decreased air entry on the right lower bases. On examination she had an ankle swelling on the right foot but not on her left. I decided that I had to send her for a X-ray of her lungs. The X-rays showed the presence of infiltration

in the right lower lobe with a right lower pleural effusion. The Radiologist (X-ray Doctor) reported that the X-ray was suggestive of infection of the right lungs. I gave her a course of antibiotics and also bronchodilator to help her breathe easier. At the end of the course she still did not feel better (still breathless). Just a month ago I had 2 women patients who were also diagnosed with cancer of the lungs. Fearing the worst I suggest a referral to a thoracic specialist. Pleural effusion is a fluid collection in the pleural space between the parietal and visceral layers of the pleural cavity. Introduction 1 Pleural Effusion 2 More on Pleural Effusion 3 Treatment

## **Book Information**

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