

## **1. What is Lung Opacity?**

Lung opacity refers to an area in the lungs that appears denser than the surrounding tissues on a chest X-ray or CT scan. It can indicate infections, inflammation, tumors, or fluid accumulation. The impact depends on the cause but may include shortness of breath, persistent cough, chest pain, and reduced lung function. Treatment depends on the underlying condition. For infections, antibiotics or antivirals may be prescribed. For fluid buildup, drainage or medication might be needed. Early diagnosis is crucial for effective management.

## **2. Normal Lungs**

Normal lungs are healthy lungs that allow efficient breathing and oxygen exchange. They are free from significant disease, infection, or structural abnormality. To keep lungs healthy:

- Avoid smoking and exposure to pollutants.
- Exercise regularly to strengthen respiratory muscles.
- Maintain good nutrition to support immune defense.
- Get vaccinated against respiratory infections such as flu and pneumonia.
- Practice deep breathing exercises to improve lung capacity.

## **3. What is Viral Pneumonia?**

Viral pneumonia is an infection of the lungs caused by viruses such as influenza, respiratory syncytial virus (RSV), or coronavirus. It causes inflammation in the air sacs (alveoli), which may fill with fluid, making breathing difficult. Impacts include cough, fever, chills, fatigue, chest pain, and difficulty breathing. In severe cases, it can lead to respiratory failure. Treatment focuses on supportive care:

- Rest, hydration, and fever management.
- Antiviral medications in specific cases (e.g., influenza).
- Oxygen therapy for patients with low oxygen levels.
- Hospitalization in severe cases for advanced medical support.