**Lung disease and treatments**

You are to choose **one** lung disease from List A and **one** disease from List B to research and find information about the named aspects of each disease. You will then complete an in-class validation assessment on your research without notes.

DISEASES

|  |  |
| --- | --- |
| **LIST A** | **LIST B** |
| Chronic bronchitis | Pneumonia |
| Emphysema | Pleurisy |
| Cystic fibrosis | Tuberculosis |

Check list

* Cause, or main causes
* Symptoms and diagnosis
* Current treatments…how they work and what they do
* Prevention

Write the names of the diseases you have chosen here:

Disease A: Emphysema

Disease B: Tuberculosis

**Marks Table**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Report** | **Cause** | **Symptoms** | **Treatments** | **Prevention** | **Marks** | Your mark |
| **Disease A** | 1 | 1 | 1 | 1 | 5 |  |
| **Disease B** | 1 | 1 | 1 | 1 | 5 |  |

This sheet is to be the cover page of your report

**Emphysema**

***What***

Emphysema is a lung condition that creates shortness of breath for an individual. It includes damaging or full destruction of the alveoli sacks within the lungs.

***Cause***

The main cause of emphysema is usually related to exposure of airborne irritants, over a long period of time. This condition is mainly found within smokers, as they are continually inhaling tobacco smoke. Other than smoking, another cause of emphysema is inhaling industrial fumes and chemicals (which can occur within the workplace of an individual).

***Symptoms***

Symptoms in Emphysema may not seem serious or as of in need of immediate diagnosis. Symptoms may appear mild such as frequent coughing or wheezing, shortness of breath or chest tightness. Over time, as the emphysema progresses, the symptoms within an individual will worsen. The only way to be diagnosed, is for a doctor to preform tests on the individuals breathing.

***Treatment***

Although there is no direct cure for emphysema, treatment options can relive symptoms and prevent further damage to the lungs. Two ways to go about treating emphysema can include lifestyle treatment and/or medical treatment. Life style treatment can include options such as quitting smoking, as it is a voluntary choice an individual makes and can be managed, as well as investing in pulmonary rehabilitation therapy-a therapy that gives individuals breathing techniques and boosts stamina. The medical approach to treating emphysema includes the prescription of bronchodilators-a drug that relaxes constricted airways, as well as other forms of antibiotics that can be prescribed.

***Prevention***

Emphysema is generally an easily avoided disease. Its causes are mainly voluntary and therefore prevention techniques are simple-don’t smoke and avoid inhaling any second-hand smoke or fumes of any sort. If in the situation where chemicals and fumes are present (in the workplace and under constant exposure of airborne irritants), wearing a mask is a good tool to reduce the inhalation, and prevent developing emphysema.

**Tuberculosis**

***What***

Tuberculosis, also known as TB, is a contagious disease.

***Cause***

The spread of microscopic droplets released into the air by a contagious person is the leading cause of tuberculosis. The droplets contain a bacteria called mycobacterium tuberculosis. It is this bacteria that attacks the lungs but can also attack any other part of the body such as the kidneys and brain.

***Symptoms***

An individual that has tuberculosis may undergo the general feeling of sickness and weakness but tuberculosis in the lungs can mean a person presents symptoms such as chest pain, coughing or even coughing up blood. To be diagnosed with tuberculosis, a doctor may order a chest x-ray or CT scan to look for visible signs of tuberculosis (densities within the lungs). Other common ways of tuberculosis diagnosis is through a skin test. The skin test is done via a substance called tuberculin being injected below the skin on the inside of your forearm. If a bump is present it is likely the individual has tuberculosis.

***Treatment***

Tuberculosis is a curable disease. With the right treatment a person is able to feel better within several weeks but takes longer to recover from than any other bacterial infections. Isoniazid INH (an antibiotic that stops the growth of bacteria), is taken in combination with three other drugs-rifampin, pyrazinamide and ethambutol. There are some instances, in which a person’s infection may be drug resistant. In this case, a combination of antibiotics called fluoroquinolones and injectable medications are taken for several months. It is vital an individual continues to take the required medications for the requested amount of time so all bacteria is destroyed and so bacteria that is still alive doesn’t become resistant to the drugs.

***Prevention***

Prevention of pulmonary tuberculosis is a series of simple actions that reduces the chances of obtaining the contagious disease. Strategies of prevention include cover you face with a mask, air out rooms regularly (via open windows and/or doors) and avoid extended contact with a person who is contagious.