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***Medicine 2***

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***Question /answer***

***Question no 1:***

***What will be the effect of stroke if right side of brain is involve ?***

***Stroke :***

A stroke or a brain attack ,is a type of blood vessel disease which effect the blood vessel leading to and inside of brain . stroke occur when the blood vessel which carried oxygen and nutrients to the brain is blocked or burst .this may result in the brain cell death effecting body function , and is medical emergency . stroke is the third leading cause of death and disability .

For classical stroke it can persist for atleast 24 hours

Paralysis (hemiplegia)

Weakness(hemiparesis)

Impairment (reversible ) with in 3 weeks

Residual impairment (longer than 3 weeks )

***Types of stroke :***

There are 3 types of stroke

* Ischemic stroke
* Hemorrhagic stroke
* Transeic ischemic stroke

**Ischemic stroke :**

* Its is cause by the blockage of blood vessel due to any clot or by narrowing of arties that carry oxygen to brain
* It is common form of stroke accounting 85% of stroke .

**Hemorrhagic stroke :**

* Hemorrhagic stroke is caused by the rapture of blood vessel due to pressure increases .
* The rupture can be caused by a condition such as thinning medication, hypertension, trauma, aneurysm.

Hemorrhagic stroke is future **two types**

* Intracerebral hemorrhagic
* Sub arachnoid hemorrhagic stroke.

***Intracerebral stroke :***

It is a sub type of hemorrhagic stroke and occur when the brain tissue is flood with blood after and atrey in the brain burst .

***Sub arachnoid hemorrhagic stroke :***

Its is a type of hemorrgahic stroke , and is less common . the bleeding occur in the subarachnoid space the area between the brain and the thin tissue that cover it .

***Transeic ischemic stroke :***

It is similar to the ischemic stroke it occur when the blood supply is interrupted for short time

***Sign/symptoms***

***Warning sign of stroke :***

* Weakness
* Trouble in speaking
* Dizziness
* Vision problem
* Headache

***Main symptoms of stroke is as follow :***

* Confusion
* Vomiting
* Alter consciousness
* Numbness of face arms, legs partially one side of body
* Lack of coordination ,
* Diplopia, monoplia
* Personality changes
* Decrease motor activity skills
* Difficulty in understanding

 **Risk factors**

|  |  |
| --- | --- |
|  **Modifiable** * Hypertension
* Smoking /alcohol
* Diabetes
* Obesity
* Lack of physical activity
* Arterial fibrillation
* Poor diet
* Sickle cell disease
 | **Non modifiable** * Age
* Race
* Gender
* Low birth weight
* Genetic factor
 |

Stroke risk factor less well documented

* Socioeconomic factor
* Geographic location
* Drug abuse

**ACAS :**

* Contraleteral hemiparesis (LE more than UE)
* Contraleteral hemi sensory loss (LE more than UE)
* Incontinence
* Apraxia
* **MCAS:**
contraleteral hemiparesis (US&face more than LE)\
* Cxontraleteral hemi sensory loss (UE &face more than LE )
* Aphasia
* Pereptual deficits

***PCAS***

* Memory deficit
* Hemiplegia
* Eye movement
* ***What parts of brain are affected by stroke ?***
* Leg
* Hand
* Arm
* Body
* Face
* Breathing
* Speech
* Reading
* Hearing
* Sight

***What are the effect of stroke if right side is effected*** :

* Paralized left spatial perceptual defects
* Quick impulsive behavioral style
* Memory deficits

**If left side effect :**

* Paralyzed right side
* Speech problem
* Slow cautions
* Behavoiral chanfes
* Memory deficits

**Complication of stroke :**

* Deep vein thrombosis
* Dehydration
* UTI, constipition
* Bed sore

**Treatment of stroke :**

* Ischemic stroke :
* Clot-busters
* Anticoagulants \_- warfarin
* Carotid endarterectomy
* Angioplasty /stent
* Surgical intervention
* Endo vascular procedure

**Prevention of stroke**

* Control blood pressure
* Prevent heart problem
* Stop smoking
* Reduce weight

**QUESTION 2 :**

**What will be the physical therapy treatment of bell’s palsy ?**

***Bell’s palsy :***

It’s a 7th cranial nerve facial muscle develop from the mesoderm of second branchial arch . Bell’s palsy is a weakness of the facial muscles due to inflammation of facial nerve. The inflammation develops around the facial nerve as it passes through the skull from the brain. The inflammation may squash (compress) the nerve as it passes through the skull. The nerve then partly, or fully, stops working until the inflammation goes. If the nerve stops working, the muscles that the nerve supplies also stop working

**Etiology :**

It is idiopathic

* Possible causes may include
* Herpes simplex , herpes zoster, autoimmune diseases ,
* Hiv infection
* Lyme diseases
* Middle ear infection
* Incidence 23/100,000
* It effect both man and women equally

Chance of bell’s palsy increases with older age , diabeyes , hypertension , than in common people

**Symptoms of Bell’s palsy**

The weakness of the face which is usually one-sided and develops quickly, over a few hours. It may gradually become worse over several days. The effects of the weakness vary, depending on whether the nerve is partially or fully affected. These include the following

* Your face may droop to one side. When you smile, only half of your face may move.
* Chewing food on the affected side may be a problem
* You may not be able to close an eye. This may cause a watery or dry eye.
* You may not be able to wrinkle your forehead, whistle or blow out your cheek.
* You may have some difficulty with speech,
* Most cases are painless or cause just a mild ache
* Loud sounds may be uncomfortable and normal noises may sound louder than usual. This is because a tiny muscle in the ear may stop working.
* You may lose the sense of taste on the side of the tongue that is affected

***Assessment :***

Bell’s palsy can be diagnosis by taking history and doing complete physical examination

History determine pervious illness

Exclusion of lesion that memic the bell’s palsy

Neurological examination

CT-scan , and EMG

***Test for bell’s palsy***

***Nuscle test*** :

* Forehead wrinkling
* Eye closure
* Wide smile
* Whistling
* Blowing (buccinators muscle , orbicularis muscle zygomatic muscle )

**Treatment :**

**Medical treatment :**

The aim of treatment is to maintain muscle tone of the face and prevent or minimize the denervation

**Corticosteroids therapy :**

* It start earl to decrece inflammation . when the corticosteroids therapy for treatment of brell’s palsy
* Take cautions should be used client with TB, peptic ulcer ,DM renal management ,dysfunction or malignant hypertension .
* Eye care is important and lubrication and moisture if unable to close .
* Physical therapy , electrical stimulation to maintain muscle tone
* Maild analgesic to relive pain

***Physical therapy management :***

Physiotherapy are recommended. Your physiotherapist will help in facial exercises that will strengthen the muscles in face to improve their co-ordination and range of movement. Physiotherapy treatments also has been successful in a number of Bell’s palsy cases.

Exercises will help to strengthen the specific muscles of the face and should be done 4-5 times a day in front of a mirror or as per the advice of your Physiotherapis

 The mirror will also help you avoid letting the good side overcompensate by moving in an exaggerated way.

This will help you transition back to using your facial muscles as you recover from Bell’s Palsy and the paralysis goes away.

***Facial exercises***

* Sit and relax in front of mirror
* Gently raise eye brow
* Drawn eyebrow together
* Wrinkle up noise gently try to move the corner of mouth outwards
* Lift one corner of mouth
* Fill up the cheeks with air
* Bring the lips together and forward .

**Exercises To Help Close the Eye**

* look down
* genteelly place the back of index figure on eyelid and close the eye
* with the opposite hand gently stretch the eyebrow upward working along the eyebrow line . this will relax the eyelid and preventing it from becoming stiff
* close the eye as much as you can
* gently press the eyelid together with your hands

**Electrical Stimulation**

Another method of physiotherapy treatment is using electrical stimulation.

facial exercises which is mostly perform at home, but will need to visit a therapist for electrical stimulation

Electrical stimulation uses small amounts of electricity to activate the muscles in face. This causes muscles to twitch as if electrical impulses from brain activated them. During the stages of Bell’s Palsy when face is most paralyzed, this may be the only way to activate these facial muscles.

**Manual Massage**

Massage can be performed in conjunction with other treatment options. It can be done to improve perceptual awareness. Massage manipulations on the face include:

* Effleurage
* Finger or thumb kneading
* Hacking
* Tapping
* Stroking

Other methods of treatments includes ;

* Apply moist heat to the paralyzed area to help reduce pain.
* Try drinking with straw.
* Eat on the side of your mouth that feels most comfortable.

**Question no 3**

**How will you treat the patients having migraine at home ?**

**Migraine :**

* The term migraine is originated from Greek word ‘hemicrania ‘ mean one side of head .
* A neurovascular phenomena characterize by recurrent attacks of unilateral headache while headache is recognize as a well known symptoms of migraine
* It is a vascular disorder because of throbbing nature of pain
* Characterize by pulsating headache usually restricted to one side of head which comes in attack and last 4 to 48 hours .
* Mostly associated with sensitivity to light , sound , vertigo and other symptoms

**Causes :**

* Family history of migraine headache 70 - 80%
* Medication birth control pills , vasodilators
* Fatigue or emotional stress
* Specific food
* Alcohol & caffines
* Lake of sleep
* Noise ,light , diet

**Types of migraine :**

Following are the types of migraine

* Common migraine
* Classical migraine
* Mild
* Moderate
* severe

**classical migraine :**

migraine with aura is define as recurred disorder involving a headache attack appearing gradually 5-20 mints and last then 60 mints .

**common migraine :**

migraine without aura is a specific neurological disorder characterize by unilateral pulsating quality aggravation on movement and moderate to severe headache , nausea and photophobia .

most of people suffer from this type of migraine there are higher frequency and more severe attacks in comparison mi9graine with aura .

**clinical presentation :**

history U/L throbbing or pulsating localized in frontotemporal and ocular area but felt anyewhere around head and neck

* pain build over 1-2 hours and then may diffuse .
* many patients preffer to lie in dark room
* other symptoms include :
* nausea
* vomiting
* anorexia
* food intolerance (50% patient )
* photophobia
* phonophobia
* confusion
* apathy
* numbness
* prodrome :
* 50% of patients reported premonitory aymptoms that occur hours and day before headache .
* Sensitivity to light sound odors
* Food craving
* Uncontrolable yawning
* Mental and mood changes
* Excessive thrist
* Anorexia
* Migraine triggers :
* Stress
* Medications
* Head truma
* Weather changes
* Excrssive or insufficient sleep
* Strong odor

**Food containing tyramine may provoke migraine**

* Cheese
* Yogurt
* Bananas
* Vinegars
* Beans
* Peanuts

**Physical examination**

 Thorough neurological examination is essential result will be normal in majority .

Possible finding includes

* Cranial or cervical tenderness
* Hornor syndromes
* Tachycardia/ bradycardia
* Hypertension /hypotension

**Diagnostic criteria :**

Migraine with aura

* 1. atleast 5 attacks fulfilling criteria B&D
	2. headache last 4-72 hours
	3. headache has at last two of the following characteristic
1. unilateral location
2. pulsating quality
3. moderate or severe pain intensity
4. aggravation by or causing avoidance of routine physical activity
	1. during headache at least one of the following
		1. nausea /vomiting
		2. photophobia/phonophobia
	2. not attributed to other disorder `

**complication of migraine :**

headache that can occur more than 15 days a months for greater than 3 months .

**status migrainous :**

* migraine attack persist for > 72 hours
* persistent infarction
* migraine triggered seizure

**treatment of migraine :**

**self treatment efforts :**

* rest
* ice/ heat
* massage
* avoid triggers
* seek treatment early
* keep a headache diary
* take ginger
* practice relaxation
* get some caffine
* dim light
* try not to chew
* take medication as directed by doctors
* almonds
* sesame seeds
* sunflower seeds
* Brazil nuts
* cashews
* peanut butter
* oatmeal
* eggs
* milk

**protective factors**

* regular sleep
* regular meal
* regular exercise
* healthy lifestyle

#### medications

####  Triptans (sumatriptan, rizatriptan, eletriptan, zolmitriptan, naratriptan, almotriptan, and frovatriptan), may be extremely effective in treating migraines and may be prescribed to help patients treat their migraines at home.

* Diclofanic potassium for oral solution (combia) is a potent nonsteroidal anti-inflammatory medication approved for treatment of migraine.
* Antiemetic medications, including intravenous (IV) metocolpramia and IV or intramuscular (IM)chlorpromazine  and prochlorperazine can be used both to relieve nausea and vomiting and to rid migraine pain

**QUESTION 4 :**

**Describe acne valguris and its home base treatment ?**

**acne valguris**

acne vulgaris is the common follicular disorder affecting susceptible hair follicles most commonly found on face ,neck and upper trunk .

acne can present as non inflammatory lesion , inflammatory lesion or mix both effecting mostly face and trunk .

**causes :**

* follicular epidermal hyper proliferation with a subsequent plugging of follicles
* excess sebum production
* the presences and activity of commensal bacteria cutibacterium acne
* inflammation
* in addition genetic is also a key factor in the pathophysiology .

**sign/ system**

it is characterize by

* noninflamatory open and close comedones .
* inflammatory papules ,pustules , nodules .
* it effect the area of the skin with the densest population of sebaceous (face , chest . trunk , back )

**management :**

* the aim of management is to
* induce clearness of lesion
* to maintain remission and relapses .
* to prevent physical and psychological complication

**assessment:**

new grading system named as comprehensive acne severity scale

there is 6 grads og this scale

* clear grad 0 = no lesion to barely noticeable
* almost clear grade 1 hardly visible from 2.5 meter away
* mild grade 3 easily recognizable
* moderate grade 4 more than half of effected area is involved
* severe grade 4 entire are is involved
* very severe grade 5 highly inflammatory acne covering the effected area with nodule and cyct

**treatment :**

treatment can be divided into two phases

* induce therapy
* maintained therapy

**induce therapy :**

in this phase treatment aim is to induce acne remission which can be achieved using topical or systemic agent .

**maintenance therapy :**

recurrence of the acne after successful treatment is common . it is a part of comprehensive management . main stay of this phase is to maintain the topical therapy .

**medication involve :**

* isorton
* isonex
* cycline

 **non pharmacological medication**

* chemical peeling
* laser
* phototherapy

**home base treatment :**

 home base treatment involves

* keep the face clean as much as possible
* use alovera gel or face wash
* use cleanser
* apply basen mask
* multani matti
* egg white face mask
* drink plenty of water
* imli pulpe
* atta mask for oily skin
* make mask of basen , yogurt,and alovera gel
* apple vinger
* cinnamon honey mask
* apply green tea
* fish oil suppliments

 **QUESTION 5 :**

**What are the common causes of headache ?**

**Headache :**

A headache can be a sign of [stress](https://www.medicalnewstoday.com/articles/145855.php) or emotional distress, or it can result from a medical disorder, such as [migraine](https://www.medicalnewstoday.com/articles/148373.php) or [high blood pressure](https://www.medicalnewstoday.com/articles/159283.php), [anxiety](https://www.medicalnewstoday.com/info/anxiety/), or [depression](https://www.medicalnewstoday.com/kc/depression-causes-symptoms-treatments-8933). It can lead to other problems. People with chronic migraine headaches, for example, may find it [hard to attend](https://www.ncbi.nlm.nih.gov/pubmed/26563803) work or school regularly.

***Common causes of headache :***

* stress
* lack of sleep
* fatigue
* hunger
* caffeine withdrawal
* abrupt cessation of medications that contain caffeine, such as some pain-relieving medications like ibuprofen (Advil) or acetaminophen (Tylenol)
* weather changes
* food and drinks, such as chocolate; processed foods that contain monosodium glutamate (MSG); or alcoho

**Many of those triggers for tension headaches**

especially stress, hunger, fatigue, and lack of sleep—can also set off a migraine headache

* being around smoke
* certain smells
* bright light, such as sunlight, or flashing lights
* foods, such as aged cheeses, avocados, bananas, chocolate, peas, pork, sour cream, nuts, peanut butter, or yogurt
* alcohol
* changes in estrogen levels for women
* taking certain prescription medications, such as nitroglycerin (Nitrostat), prescribed for a heart condition; and estrogen, prescribed for birth control or menopausal symptoms
* abrupt cessation of caffeine
* abrupt cessation of medications that contain caffeine, such as some pain-relieving medications like ibuprofen (Advil) or acetaminophen (Tylenol)
* food additives, such as monosodium glutamate (MSG) and nitrates (found in cured meats)

### More serious causes of headaches

Some headaches are a symptom of an underlying physical condition. For example, sometimes a headache can signal that your blood pressure is above what's considered a normal reading of 120/80 mm Hg or lower. High blood pressure is a risk factor for developing heart disease or stroke, so make sure blood pressure checked on a regular basis, especially if experience headaches, or suspect that high blood pressure is one of causes of headaches.

Other health conditions that may be lead to headache pain include

* bleeding,
* infection,
* tumor

, although headaches are rarely a sign of more ominous disease

### How to prevent headaches

to prevent headaches, try to avoid the causes of headaches in the first place. But doing that takes careful planning. Once note your triggers first, the characteristics headaches, including their frequency, duration, intensity, as well the circumstances surrounding your headaches, including:

* your medications
* diet
* sleep patterns
* activities
* alcohol intake
* menstrual cycle, for women
* environment
* stress levels
* physical problems

***THE END ………***