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OPT 2nd physiology

2) Disease of blood:-

⇒ Iron deficiency Anemia:-

Iron deficiency Anemia is due to insufficient iron. Without enough iron, your body can't produce enough of a substance in red blood cells that enables them to carry oxygen. As a result, iron deficiency anemia may leave you tired and short of breath.

⇒ Diagnostic tests:-

blood work indicates iron if your

deficiency anemia, your doctor may order additional tests to identify an underlying cause: such as:

• Endoscopy:-

Doctors often check for bleeding from a hiatal hernia, an ulcer or the stomach with the aid of endoscopy. In this procedure, a thin lighted tube equipped with a video camera is passed down your throat to your stomach. This allows the doctor to view the tube that runs from your mouth to your stomach and your stomach to look for source of bleeding.

- **Colonoscopy:-**

To rule out lower intestinal sources of bleeding, your doctor may recommend a procedure called colonoscopy. A thin, flexible tube equipped with a video camera is inserted into the rectum and guided to your colon. You are usually sedated during this test. A colonoscopy allows your doctor to view inside some or all of your colon and rectum to look for internal bleeding.

- **Ultra sound:-**

Women may also

have a pelvic ultrasound to look for the cause of excess menstrual bleeding, such as uterine fibroids.

=> Treatment:-

To treat iron deficiency anemia, your doctor may recommend that you take iron supplements. Your doctor will also treat the underlying cause of your iron deficiency if necessary.

2) Iron Supplements:-

Your doctor may recommend over the counter iron tablets to replenish the iron stores in your

body. Your doctor will let you know the correct dose for you. Iron is also available in liquid form for infants and children. To improve the chances that your body will absorb the iron in the tablets, you may be instructed to:

- Take iron tablets on an empty stomach:-

take your iron tablets if possible, when your stomach is empty. However, because iron tablets can upset your stomach, you may need to take your iron

tablets with meal.

- Don't take iron with antacids:-

Medications that immediately relieve heartburn symptoms can interfere with the absorption of iron. Take iron two hours before or four hours after you take antacids.

- Take iron tablets with vitamin C:-

Vitamin C improves the absorption of iron. Your doctor might recommend taking your iron tablets with a glass of orange juice or with a vitamin C supplement.

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⇒ Respiratory disease :

⇒ Lung Cancer:-

Lung cancer is a type of cancer that begins in the lungs. Your lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale.

: Lung cancer is the leading cause of cancer deaths world wide.

: People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who don't smoke. If you quit ~~smoking~~

⇒ Symptoms:-

Lung "cancer"
typically doesn't cause sign
and symptoms in its
earliest stage. Signs and
symptoms of lung cancer
typically occur when the
disease is advanced.

⇒ Signs and Symptoms may
include:-

- 1) A new cough that doesn't go away.
- 2) Coughing up blood, even in small amount.
- 3) Shortness of breath.
- 4) Chest pain
- 5) Hoarseness
- 6) Losing ~~and~~ weight without trying.
- 7) Bone pain
- 8) Head ache.

⇒ Causes:-

Smoking causes the majority of lung cancers, both in smokers and in people exposed to secondhand smoke. But lung cancer also occurs in people who never smoked and in those who never had prolonged exposure to secondhand smoke. In these cases, there may be no clear cause of lung cancer.

⇒ Risk factors:-

A number of factors may increase your risk of a lung cancer. Some risk factors can be controlled, for instance, by quitting smoking. And other factors can't be controlled, such as your family history.

- Smoking
- Exposure to second hand smoke.
- Previous radiation therapy.
- Exposure of radon gas.
- Exposure to asbestos and other carcinogens.
- family history of lung cancer

⇒ Complications:-

- Shortness of breath.
- Coughing up blood.
- Pain
- Fluid in the chest.
- Cancer that spreads to other parts of the body.

⇒ Prevention:-

- Don't smoke
- Stop smoke
- Avoid second hand smoke.

- Test your home for radon
- Avoid carcinogens at work
- Exercise most days of the week.

=> Treatment:-

Lungs cancer is treated in several ways, depending on the type of lung cancer and how far it has spread.

People with non-small cell lung cancer can be treated with surgery, chemotherapy, radiation therapy, targeted therapy, or a combination of these treatments. People with small cell lung cancer is usually treated with radiation therapy and chemotherapy.

⇒ Types of treatment:-

• Surgery:-

An operation where doctors cut out cancer tissue.

• Chemotherapy:-

Using special medications to shrink or kill the cancer. The drugs can be pills you take or medicines given in your veins, or sometimes both.

• Radiation therapy:-

Using high energy rays (similar to X-ray) to kill the cancer.

• Targeted therapy:-

Using drugs to block the growth and spread of cancer cells. The drug can be pills you take or medicines given in your veins.

