**Assignment**

**Name:- Asfandyar Khan**

**ID:- 16019**

**Section:- DPT 2nd (A)**

**Assignment:- Physiology**

**Course Title: Human Physiology Instructor: Dr Sara Naeem Total Marks: 80**

1. Explain any respiratory disease of your own choice. You have to write signs and symptoms, chest X-ray and treatment as well.

**“Answer 1”. “Lung Cancer”**

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

Lung cancer is the leading cause of cancer deaths worldwide.

People who smoke have the greatest risk of lung cancer, through lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you have smoked, if you quit smoking even after smoking for many years, you can significantly reduce your chances of lung cancer.

**“Symptoms of Lung Cancer”**

Lung cancer typically doesn’t cause signs and symptoms in its earlier stages. The signs and symptoms of lung cancer typically occur when the disease is advanced.

Signs and symptoms may be include.

1. A new cough that doesn’t go away.
2. Coughing of blood, even a small amount
3. Shortness of breath
4. Chest pain
5. Losing weight without trying
6. Bone pain
7. Headache

**“X-Ray”**

Most lung cancer tumours appear on X-rays as a white grey-mass. However chest X-rays cannot give a definite diagnosis because they often cannot distinguish between cancer and other conditions, such as a lung abscess.

**“Treatment “**

You and your doctor choose a cancer treatment plan based on a number of factors, such as your overall health, the type and stage of your cancer and your preferences.

In some cases you may choose not to undergo treatment. For instance, you may feel that the side effects of treatment will outweigh the potential benefits. When that’s the case, your doctor may suggest comfort care to treat only the symptoms the cancer is causing, such as pain or shortness of breath.

1. Take any disease of blood. Give blood tests and their results. What will be the management of the disease( treatment)

**“Answer 2” “Diseases of Blood”**

Blood disease can affect any of the three main components of blood.

• Red Blood Cells.

• White Blood Cells.

•Platelets.

Common blood diseases include Anemia.

**“ Anemia”** Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body’s tissues. Having Anemia can make you feel tired and weak. There are many forms of Anemia, each with it’s own cause. Anemia can be temporary or long term, and it can range from mild to severe. See your doctor if you suspect that you have Anemia it can be a warning sign of serious illness.

**“Symptoms”** The symptoms of anemia may be include.

1. Fatigue
2. Weakness
3. Pale or yellowish of skin
4. Shortness of breath
5. Chest pain
6. Cold hands and feet.

**“Blood Test”**

**Iron Deficiency Anemia-** To screen for iron deficiency anemia, your doctor may order a blood test which is called a complete blood count **(CBC) ,** to see if you have lower than normal red blood cell counts, hemoglobin or hematocrit levels, or mean corpuscular volume **(MCV)** that would suggest anemia.

**“Treatment of Anemia”**

There is a range of treatments for anemia. Each aims to increase the number of RBCs which in turn, increase the amount of oxygen in the blood.

**“Iron Deficiency Anemia”**

Iron supplements and dietary changes can help and when relevant, a doctor will identify and adress the cause of excessive bleeding.

**“Vitamin deficiency Anemia”**

Treatment can include dietary supplements and vitamin-B 12 shots.

**“Anemia due to Chronic Disease”**

The doctor will focus on resolving the underlying condition.

**“Aplastic Anemia”**

Treatment involves blood transfusion or bone marrow transplant.