**Assignment**

**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:**

Respiratory Disease Of Lung Cancer:

Lung cancer is a disease where cell in the lungs multiplying uncontrollably. The extra cell take up space in the lungs and impair gas exchange and the lungs ability to expel dirt.

 **Types:**

There are several different types of cancer, such as small lung cancer , non small cell lung cancer , adenocarcinoma, squamouse cell carcinoma, large cell carcinoma ,and carcinoid.

 **Signs of Lung Cancer:**

* Coughing
* Wheezing
* Feelings short of breath
* Chest pain
* Having blood in any mucus that you cough up.

Because these symptoms are general, many people don’t suspect lung cancer. And by the time thy see a doctor, often the cancer has already started to spread

If the cancer spread within and beyond the chest , other symptoms may occur.

 **Symptoms of Lung cancer:**

* Shortness of breath
* Wheezing
* Chest tightness
* Heaving to clear your throat first thin the morning.

 A chronic cough that may produce lung cancer

 Frequent respiratory infections.

 **Causes of Lung Cancer:**

* The main cause of COPD is tobacco smoking.
* It also often occurs in people exposed to fumes from burning fuel for cooking and heating in poorly ventilated homes.
* COPD causes the lungs to lose their elasticity and over expand, which leaves

Some air trapped in your lungs when you exhale.

 **Chest X-rays Treatment Of Lungs Cancer:**

A chest X-rays of someone with lung cancer may show a visible mass or nodule. This mass will look like a white spot on your lungs, while the lung itself will appear black. However, an X-ray may not be able to detect small or early stage cancers.

Lung cancer does not always produce symptoms in the early stages, and this can make it difficult to detect. A chest X-ray is usually the first test, but it cannot show that the person has cancer. The adults who have at least one growth on their lungs.

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

Answer:

**Disease Of Blood**

**ANEMIAS:**

Anemia means deficiency of hemoglobin in the blood. Which can be caused by either too few RBCs or too little hemoglobin in the cells.

Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body tissues. Having anemia can make you feel tired and weak.There are many forms of anemia, each with its own cause.

Anemia can be temporary or long term, and it range from mild to severe.

If left treated, iron deficiency anemia can cause serious health problems. Heaving too little oxygen in the body can damage organs . With anemia , the heart must work harder to make up for the lack of red blood cells or hemoglobin.

**Test OR Results Of Anemia Disease**

**` Complete Blood Count:**

* + Often, the first test used to diagnosed anemia is a complete blood count (CBC) measures many parts of your blood.
	+ The test checks your hemoglobin and hematocrit levels. Hemoglobin is the iron rich protein in red blood cells that carries oxygen to the body . Hematocrit is a measures of how much space red blood cells take up in your blood. A low level of hemoglobin or hematocrit is a sign of anemia.
	+ The normal range of these levels might b lower in certain racial and ethnic populations. The CBC also checks the number of red blood cells, white blood cells , and platelets in your blood . Abnormal results might be a sign of anemia, another blood disorders , an infections, or another condition.

**For Example,**  red blood cells usually are smaller than normal.

**Other test and results:**

* If the CBC results show that you have anemia, you may need other test , such as :
* Hemoglobin electrophoresis (e- lek –tro – For-e-sis). This test looks at the different types of hemoglobin in your blood.
* The test can help diagnosis the type of anemia you have .
* A reticulocyte (re-TIK-u-lo-site) count. This test measures the number of young red blood cells in your blood. The test shows whether your bone marrow is making red blood cells the correct rate.
* jTests for the level of iron in your blood and body. These tests include serum ferritin tests. Transferrin level and total iron-binding capacity tests also measures iron levels.

If your doctor thinks that you have anemia due to internal bleeding , he/she may suggest several tests to look for the source of the bleeding . A test to check the stool for blood might be done in your doctors office or at home. Your doctor can give you a kit to help you get a sample at home .He or she will tell you to bring the sample beg to the office or send it to a laboratory.

 **Management of Anemia disease treatment:**

Treatment might include oxygen , pain , relievers, and oral intravenous fluids to reduce pain and prevent complications. Doctors might also recommend blood transfusions, folic acid supplements and antibiotics. A cancer drug called hydroxyurea ( Droxia, Hydrea, Siklos) also is used to treat sickle cell anemia.

 **THE END**