**FINAL TERM ASSIGNMENT PAPER**

**SUBJECT : MEDICINE 2**

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**Question no: 1**

**Answer**

**Stroke**

Stroke is caused by a blocked blood vessel or bleeding in the brain. The signs of a stroke include a sudden severe headache, weakness, numbness, vision problems, confusion, trouble walking or talking, dizziness and slurred speech.

**Potential Effects Of A Right Brain Stroke On Body:**

* **Loss of Mobility and Control of the Left Side of the Body**: Like what was mentioned above, damage to the right side of the brain can result in a loss of functionality in the left side of the body. This means that a stroke survivor can potentially lose the ability to move their left hand, arm, leg, foot, or left-side face muscles.
* **Unilateral Neglect**: Mostly prominent in right-brain affected stroke patients, [Unilateral Neglect (or Hemispatial Neglect)](http://www.scholarpedia.org/article/Hemineglect) refers to an unawareness of objects to one side of the body or personal space. In severe cases, a side can be completely ignored when carrying out certain tasks and everyday functions.
* **Denial Syndrome or Anosognosia (Self-awareness)**: Due to various parts of the brain that remain unaffected after a stroke, stroke survivors [will mentally believe that they are carrying out their physical functions](http://www.nytimes.com/2005/08/02/science/discovering-that-denial-of-paralysis-is-not-just-a-problem-of-the.html) in a normal manner although their actual inability to do so. These issues can also lead to a stroke survivor not wanting to undergo physical rehabilitation, which can put them at risk for further injury if left unresolved.
* **Emotional Indifference**: A lack of emotion or change in emotional affect can be exhibited after a stroke, rendering the fighter to act as if nothing serious physical or mental needs to be talked. This kind of insignificance or unmotivated behavior can make initiation of or resulting through with the rehabilitation process difficult. Learn more about surviving with expressive changes after stroke
* **Visual & Spatial Issues**: Stroke survivors can experience a myriad of issues when it comes to visual and spatial comprehension. Mainly, a survivor will have trouble judging their location amid substances in their surroundings. This can manifest in difficulty suckling themselves, climbing up and down stairs, and changing clothes. Additionally, one may lose the ability to visually and mentally recall certain objects. A new rehab approach for re-education the brain in these areas is with the use of virtual reality
* **Social Challenges**: In many cases, a stroke survivor will have a difficult time identifying certain social behaviors and cues. Things like body linguistic, nonverbal communication, humor and sarcasm have the potential to go unnoticed.
* **Lack of Focus**: One may not be able to give their full attention to a subject for extended periods of time. This inability can also surface if a stroke survivor is annoying to follow directions, answer questions, or answer problems with basic reasoning practices
* **Loss of Hearing & Musicality**: When considering the range of variables that make up one’s personality emotions, actions, and mental processes it’s important to recognize that a person’s hearing and understanding is made of like components. This means that a stroke survivor may have trouble alternative up on certain sounds, which could result in miscommunication or an inability to rise the musicality of speech and tone altogether.

**Question no: 2**

**Answer**

## Bell’s Palsy?

Bell’s Palsy is a fairly common disorder that affects nerves and muscles in the face causing paralysis or drooping of one side of the face .It affects patients of any age and either gender. The symptoms arise following irritation to the facial nerve (7th cranial nerve) that supplies the muscles of the face.The cause of irritation is often unknown but may be due to a viral infection, circulatory problems or trauma, all of which may create inflammation around the nerve

## Possible Signs and symptoms of Bell’s Palsy

* Facial drooping on the affected half
* Difficulty with closing one eye or finding it hard to blink
* Drooling from the mouth
* Excessive tearing or dryness of the eye
* Altered sensation on the side of the face
* Headaches
* Impairment of taste
* Impaired speech
* Dizziness
* Dull ache behind the ear and around the jaw
* Difficulty eating and drinking



 **Physiotherapy treatment**

**General Exercise Principles**:

* Slow and small movements to start
* Focus on motor control and coordination
* Use of a mirror to ensure symmetric muscle movements
* Emphasis on QUALITY of movements, not quantity

**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

**Electrical Stimulation**

Another method of physiotherapy treatment is using electrical stimulation. Unlike facial exercises which you mostly perform at home, you will need to visit a therapist for electrical stimulation.

**Question no: 3**

**Answer**

## Migraine

## Migraine is a condition marked by recurring moderate to severe headache with throbbing pain that usually lasts from four hours to three days, typically begins on one side of the head but may spread to both sides, is often accompanied by nausea, vomiting, and sensitivity to light or sound, and is sometimes preceded by an [aura](https://www.merriam-webster.com/dictionary/aura) and is often followed by fatigue

## Home base treatment of migraine

## Massage

Massaging the muscles in the neck and shoulders can help to relieve tension and alleviate migraine pain. Massage may also reduce stress.

### Compresses

Some people find placing a cold or warm compress on their head can be soothing and help to reduce migraine pain.

### Stay hydrated

Not drinking enough water is a well-known migraine and headache trigger, and it only takes minor [dehydration](https://www.medicalnewstoday.com/articles/153363.php) to bring on a headache.

**Acupressure**

Acupressure involves the application of pressure to specific parts of the body. Stimulating specific points of the body in this way is believed to release muscle tension and alleviate pain.

**Ginger**

The researchers found the effectiveness of ginger was statistically comparable to sumatriptan, and users were as willing to continue with either treatment.

### Rest

Lack of sleep and too much sleep can be triggers for migraine headaches.

Getting 7–9 hours of restful sleep each night can help to reduce stress and prevent migraines.

**Stress management**

Stress is a common trigger for migraines. Stress can also create a cycle where migraine pain worsens the stress, which then triggers another migraine.

Finding outlets for stress, such as journaling, exercise, or meditation, may help to prevent future migraines.

### Yoga or stretching

[Yoga](https://www.medicalnewstoday.com/articles/286745.php) is thought to help improve blood flow and reduce muscle tension, which can help relieve symptoms for people who get migraines.

**Acupuncture**

Acupuncture is an effective treatment choice for people with migraine headaches, although they pointed out that other factors might be playing a part also.

**Question no: 4**

**Answer**

**Acne vulgaris**

Acne vulgaris is the formation of comedones, papules, pustules, nodules or cysts as a result of obstruction and inflammation of pilosebaceous units (hair follicles and their accompanying sebaceous gland). Acne develops on the face and upper trunk. It most often affects adolescents. Diagnosis is by examination. Treatment, based on severity, can involve a variety of topical and systemic agents directed at reducing sebum production, comedone formation, inflammation, and bacterial counts and at normalizing keratinization.

### Aloe vera

Aloe vera is a natural antibacterial and anti-inflammatory, meaning it may reduce the appearance of acne and prevent acne breakouts.

Aloe vera contains lots of water and is an excellent moisturizer, so it is especially suitable for people who get dry skin from other anti-acne products.

### Staying hydrated

Staying hydrated is extremely important because it makes it easier for acne sores to heal and reduces the overall risk of outbreaks.

When the skin is dry, it can easily become irritated or damaged, resulting in pimples. Being hydrated also ensures new skin cells develop correctly as sores heal.

### Honey

Honey has been used to treat skin conditions, such as acne, for thousands of years. It contains many [antioxidants](https://www.medicalnewstoday.com/articles/301506.php) that can help to clear waste and debris from clogged pores.

Doctors use honey in wound dressings because of its antibacterial and wound-healing properties.

### Garlic

Many traditional medicine practitioners use garlic to treat infections and boost the body’s ability to fight germs and infections.

Garlic contains organosulfur compounds, which have natural antibacterial and anti-inflammatory effects. Organosulfur compounds can also help to boost the immune system, which helps the body fight infections.

### Using oil-free skincare

Oil-based or greasy products can block pores, increasing the risk of them becoming clogged and forming acne sores.

Look for skin care products and cosmetics labeled as ‘oil-free’ or ‘non-comedogenic,’ which contain ingredients that allow pores to breathe.

### Choosing the right cleanser

Many regular soaps have an acidity, or pH, that is too high and can irritate the skin, making acne worse.

Choose cleansers, rinses, and washes with a pH closer to the skin’s natural pH of around 5.5 to reduce the risk of acne flare-ups and let sores heal.

**Never touching pimples**

It can be very tempting, but touching acne sores will irritate the skin, may make the pimple worse, and can spread pimples to other areas.

Touching, rubbing, squeezing, or popping acne sores can also introduce more bacteria into the lesion, causing further infections.

**Green tea**

Antioxidants help the body break down chemicals and waste products that can damage healthy cells. Green tea may help clear out some of the debris and waste that has built up in open acne sores

**Question no: 5**

**Answer**

### 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.

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The most common types of headaches are sinus, tension, and migraine headaches. Sinus headaches usually occur when there is infection or pressure in the sinuses. Tension headaches strike when the muscles in the head and neck tighten. Migraines come on when supersensitive nerve endings in the brain create pain.

**Common Causes Of Headaches:**

* Fatigue
* Hunger
* Stress
* Lack of sleep
* 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 alcohol
* 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).