

Introduction to Physiology

BMHP5003
Assessment:1

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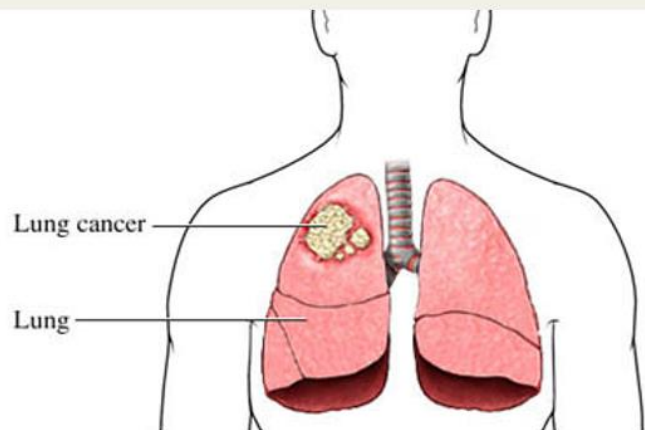
Introduction

lifestyle-related health disease in health and social care.

Lung cancer

- ✓ The health measures is a method to provide data on health status.
- ✓ Used for disease screening.
- ✓ Measures are important for clinical decision-making.

(uvahealth.com, n.d.)



Introduction

A health and lifestyle measuring should focus on three areas: baseline information for tracking health patterns and changes in them; information for planning healthcare services, including calculating the impact of health initiatives; and obtaining information about the effects of health

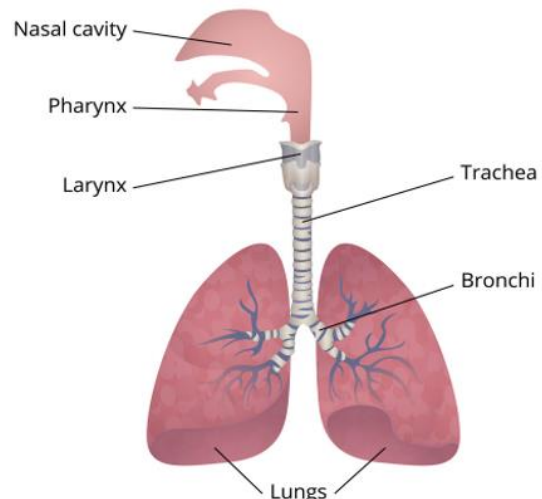
initiatives. Monitoring is used to prevent disease, promote awareness to prevent serious illness and improve health. This is achieved when we collect information about health status such as previous illnesses, lifestyle, cigarette and alcohol use., etc. Farhud, D.D. (2015) Through the study of health and lifestyle can detect the presence of a health problem that can be solved at an early stage. Measuring health can help with new policies and practices in the health and social sector.

Anatomy and Physiology

- **Lung cancer refers to the Respiratory system**
- **Damaged cells form a tumor.**
- **Tumors grow in the lungs or in the membranes around the lungs.**
- **Tumors spread to the chest wall.**

(Healthline, 2017)

HUMAN LUNG ANATOMY



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Anatomy

The respiratory system has several different parts that work together to allow breathing to rotate. All parts have separate components.

The air is transported to the lungs through the respiratory tract. The respiratory system consists of; (Ratini, 2002)Mouth and nose: From there the air reaches the respiratory system

Sinuses: this is the place between the bones of the head, which have a role in regulating the

temperature as well as the humidity of the air circulating in the lungs.Pharynx: This is where the inhaled air passes through the trachea.

Trachea: Through the trachea, air reaches the throat and from there to the lungs

Bronchial tubes: Located in the lower part of the respiratory tract, and help connect the two lungs.

Lungs: They have the function of extracting oxygen and transporting it to the bloodstream.

From the lungs, the bloodstream delivers oxygen to all organs and tissues. Alveoli: Small air sacs in the lungs where oxygen and carbon dioxide are exchanged.

Bronchioles: Small branches of the bronchial tubes that lead to the alveoli.

Carillaries: Blood vessels in the walls of alveoli that carry oxygen and carbon dioxide. Lung lobes: the lungs are divided into sections - two in the left lung and three in the right lung

Pleura: They have a role to surround the lungs and also to separate the lungs from the chest.

Questionnaire

Smoking status

Alcohol Use

Family History

Medical History

Ethnicity

Physical Activity



Questionnaire

The information from this Questionnaire will help us:

To understand the patient's lifestyle, to gather information about previous illnesses. If the patient is at risk of developing a chronic or *Lifestyle health-related* disease

For this purpose we will use a questionnaire to establish the patient's healthy habits medical history ,relatives who have *Lifestyle health diseases and also his physical activity*.

Lifestyle health-related information of the patient

Patient A is a 52-year-old man

- ✓ The patient is a regular smoker who smokes 45 cigarettes a day.
- ✓ The patient drinks two drinks per week.
- ✓ No relatives with heart disease.
- ✓ Never had a heart attack or stroke.
- ✓ Spend most of the time at work sitting.

Lifestyle health-related information of the patient

From the information we gathered through the questionnaire for the patient we found out that he is a 52-year-old man ,who is a regular smoker and smoked about 45 cigarettes a day.

He also drinks 2 drinks weekly.

There are no data on relatives who suffer from heart disease, such as heart attack or stroke. Also, he has never suffered from heart disease.

The patient does not have much physical activity.

He works in an office, and most of the time he is sitting.

Health Risks

- ✓ **Smoking- Smokers get lung cancer 15 to 30 times more often.**
- ✓ **Smoking can cause cancer in any organ in the human body -mouth and throat, stomach, liver, pancreas, larynx, trachea, bronchi and leukemia.**
- ✓ **Occasional smoking also carries a risk of cancer**
- ✓ **People who quit smoking ,have a lower chance of developing cancer**

(www.cdc.gov, 2020)

Health Risks

Smoking is the biggest cause of lung cancer. (Centers for Disease Control and Prevention, 2021) It is associated with 70% to 80% of deaths. Thousands of chemicals have been found in cigarette smoke, some of them highly toxic, It is estimated that about 70 of them can cause cancer. People who smoke are more likely to develop symptoms or die from lung cancer compared to non-smokers. People who smoke for a long time are more at risk. People who have managed to quit smoking have a lower risk of cancer but it is still higher than others who have never smoked. A family history of lung cancer is also a cause, suggesting a possible genetic cause. A personal history of previous lung cancer also carries a risk of recurrence. Long-term smokers over the age of 65 are also at risk. Chronic lung disease such as chronic bronchitis, asthma, tuberculosis or pneumonia can also cause lung cancer.

Recommendations



- ✓ lung cancer support groups
- ✓ Stop smoking
- ✓ Lung cancer information days
- ✓ Psychological support for the family

(Roy Castle Lung Cancer Foundation, n.d.)



- Available resources that can help people quit smoking
- Providing nicotine patches or tablets.
- Balanced and healthy diet

(Anon, n.d.)



- ✓ Palliative care nurse, community specialist
- ✓ The home helps with shopping or housework
- ✓ Home care assistants for dressing washing.

(www.cancerresearchuk.org, n.d.)

Recommendations

A few things that are recommended by the NHS and another health organization .Providing information on available resources that can help people quit smoking, which include -providing nicotine patches or tablets. In some cases, e-cigarettes are provided as a as replacement therapy .Psychological support for those who want to quit smoking. Also Regular exercise, Balanced and healthy diet including more fruits and vegetables

• *Personal care is focused on the discomfort caused by both the symptoms of the disease and the side effects of the treatment. Health foundations can help with personal care, shopping, financial management. (Sethi et al., 2013) They also provide a nurse who will answer any questions the patient may have about the disease. Also with end-of-life care for the patient and the family. (Roy Castle Lung Cancer Foundation, 2016)*

Conclusion

- ✓ Smoking can cause many types of cancer, but most often lung cancer. That's why preventive measures are very important for the early detection of people at risk of developing cancer.
- ✓ Informing people about the risks and harms of smoking on the human body.
- ✓ In cases of cancer, people can receive support from various organizations.

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