

INTRODUCTION TO PHYSIOLOGY

Lung cancer

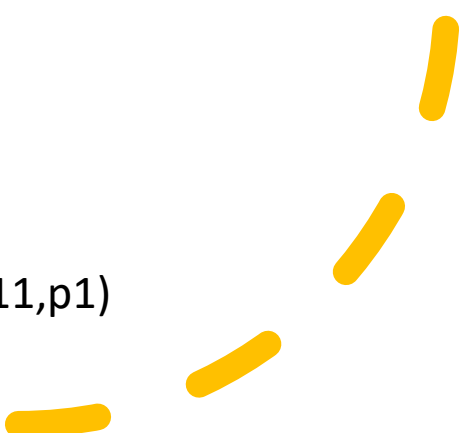
Module code	BMHP5003
Student name	Mayne Chamorro Salcedo
Student number	2118143
Lecturer name	Olusegun Awolaran



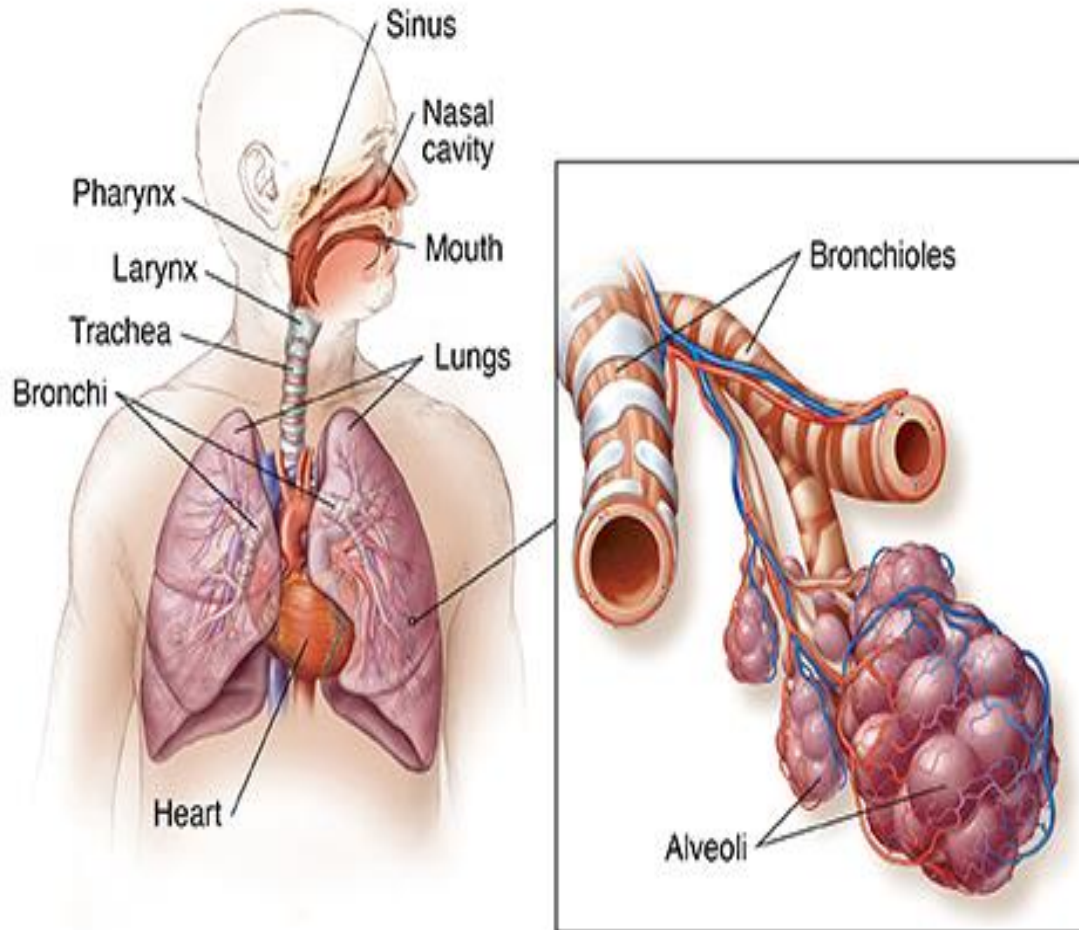
The patient A has Lung cancer

- Lung cancer is a condition in which cells in the body expand out of control.
- Beings in the lungs and may spread to others organs(metastases).
- Include two main types: non-small cell lung cancer and small cell lung cancer.

(Mok and T.,2011,p1)



Anatomy and physiology respiratory systems



- Mouth and Nasal cavity:
- Sinuses: Regulate the temperature and humidity of the air we inhale.
- Pharynx(Throat):Tube that delivers air from your mouth and nose to trachea
- Larynx(Voice box)
- Trachea: Passage connecting your throat and lungs
- Bronchi(Large airways).
- Alveoli: Exchange the oxygen and carbon dioxide takes place.
- Bronchioles: small branches of the bronchial tubes
- Lungs.

(Patwa et al,2015)

Physiology

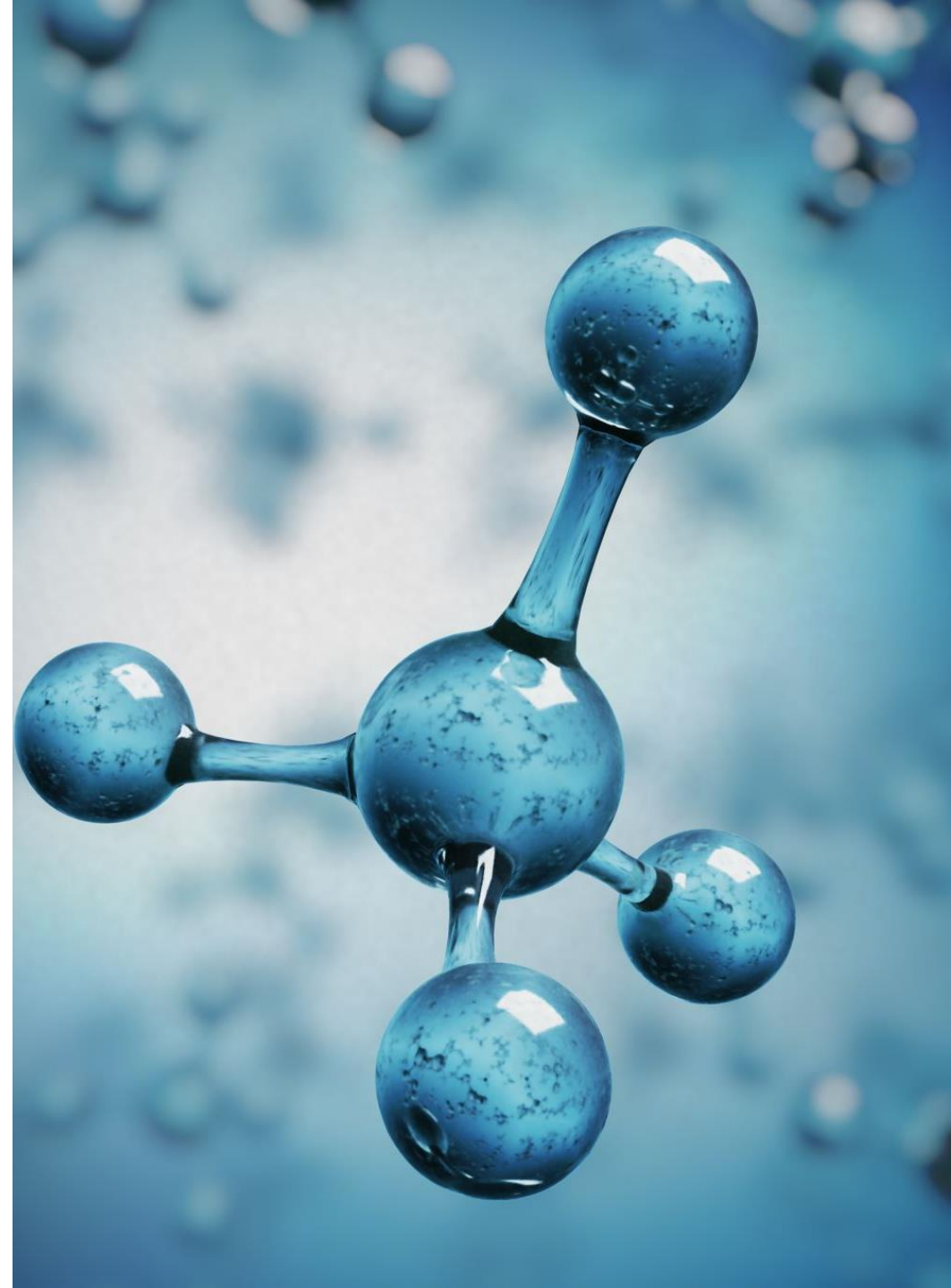
1.-Internal breath

- Occurs in the tissues
- Cells release carbon dioxide

2.-External breath

- Exchange of gases with environment.
- Occurs in the alveoli of the lungs
- Releases CO_2 .

(Panawala,2017)



lifestyle Questionnaire

- The patient A is 40 years old
- He smoke 15 cigars per day
- He used to smoke one pack per day
- He is drink alcohol once a month
- His father had a heart attack before 60
- his Medical history no heart attack or stroke
- Ethnic group Spanish

(Lifestyle questionnaire)

General practice physical activity(GPPAQ)

- Patient A
- He works as a employee as restaurant manager.
- He spends most of the time at work standing and sitting.
- He carries heavy objects in the restaurant.
- He is practice sport one hour per week.
- Cycling to work during his journey.
- He is doing childcare 2 hours on Sundays.

(Lifestyle questionnaire)

Health risk

- Tobacco smoke.(deaths)
- Second hand smoke.(breathing)
- Exposure to radon(radioactive gas)
- Exposure to asbestos .(mines)
- Takin certain dietary supplements(Beta-carotene)
- Personal or family history of lung cancer.

(Nayar et al.2016)

Recommendations

- Avoid smoking
- Practice physical activity per week.

Do a least 30 minutes exercises.

- Maintain a healthy and balance diet.(five portions)

Eat more low-fat, High fibre foods, fruits, vegetables.

- Avoid second-hand smoke

Keep away breathing from other peoples cigarettes

- Limit your intake of alcohol
- Drink water
- Stay away from radiation or exposure.

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