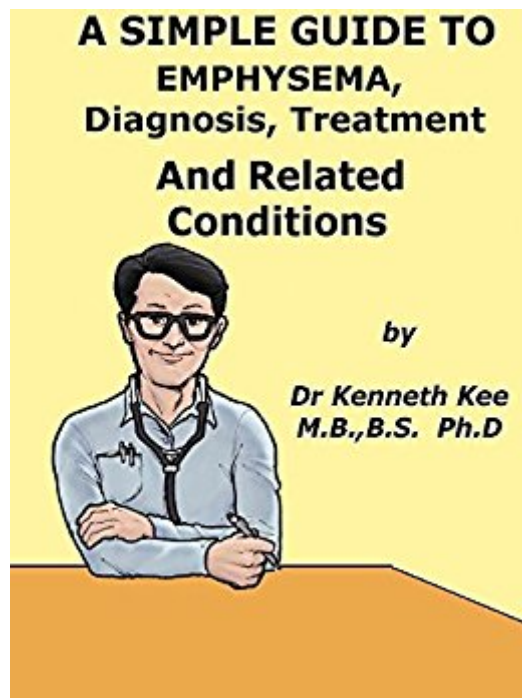


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# A Simple Guide To Emphysema, Diagnosis, Treatment And Related Diseases (A Simple Guide To Medical Conditions)



## Synopsis

Introduction  
Ode to Emphysema  
Emphysema is also known as the pink puffer  
Compared to chronic bronchitis who is called the blue bloater  
Emphysema is a lung disease with the increased distension of the air sacs  
There is destruction of alveolar walls with enlarged sacs of air which are trapped  
The patient is usually older and thin  
There is also difficulty in breathing  
Emphysema usually has a barrel shaped chest  
There is hyperinflation and poor pulmonary tests  
The face may be pinkish from the presence of polycythemia  
Gradual respiratory failure may occur with right heart failure  
The most common cause is damage of the lungs from smoking  
Air flow is reduced with trapped air leading to difficulty in breathing  
The best treatment for most patients is adequate oxygen and hydration  
Antibiotics is given appropriately for non resistant bacterial infections  
Physiotherapy and breathing exercises will help the air in the lung flow better  
Bronchodilators and portable oxygen will help the patient breathe easier  
-An original poem by Kenneth Kee  
Interesting Tips about the Bronchiolitis  
A Healthy Lifestyle  
1. Take a well Balanced Diet  
2. The best treatment for Emphysema is avoidance of smoking.  
a. Stop smoking  
b. Antibiotics  
c. Physiotherapy  
d. Bronchodilator  
e. Adequate hydration  
f. General healthy life style  
g. Loss of excessive weight  
h. Portable oxygen  
3. Keep bones and body strong  
Bone marrow produces our blood  
Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.  
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.  
Eat food rich in Vitamins B and C such as green vegetables and fruits  
Zinc and other minerals are important to the body  
4. Get enough rest and Sleep  
Avoid stress and tension  
5. Exercise and stay active.  
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.  
One way to do this is to be active 30 minutes a day at least 5 days a week.  
Begin slowly especially if a person has not been active.  
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.  
Alcohol use also increases the chance of falling and breaking a bone.  
Alcohol can affect the neurons and brain cells.  
7. Stop or do not begin smoking.  
It also interferes with blood supply and healing. Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them.  
Smoking is the main cause of emphysema.

Chapter 1  
Emphysema  
What is Emphysema?  
Emphysema is a lung disease with the increased distension of the air sacs beyond the terminal bronchioles with destruction of alveolar walls resulting in large sacs of air which are trapped.  
It may unilateral or lobar in nature. It can also occur bilaterally.  
It is characterized by breathlessness, barrel chest and bulla formation.  
Causes:  
Primary emphysema (pink puffer) is believed more likely to occur in susceptible and aging people.  
Long standing emphysema is usually associated with:  
1. Smoking  
2. Pneumoconiosis  
3. Homozygous Alpha-1 antitrypsin (A1AT) deficiency

is an inherited genetic condition. In all cases the lung is hyper inflated. Compensatory emphysema occurs when the adjacent has collapsed or removed and is not a disease. Symptoms: 1. Breathlessness 2. Barrel chest and flattened diaphragm 3. Resonant chest percussion and distant heart sounds 4. Gradual respiratory failure with right heart failure (cor pulmonale) 5. Polycythemia (pink puffer) may occur.

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