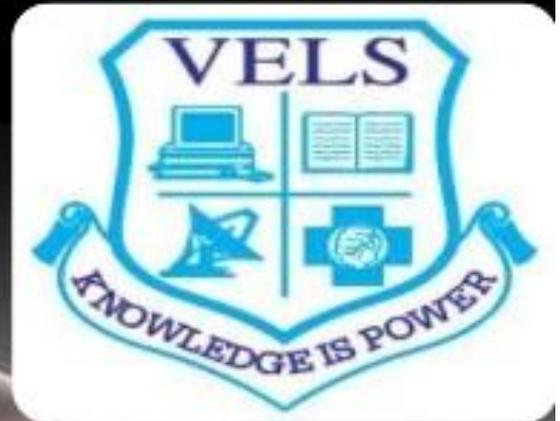


# **PREVENTION OF RESPIRATORY DISORDERS**

**DR SHAHNAZ REHMAN**

# RESPIRATORY TRACT INFECTIONS



# LEARNING OBJECTIVES

- Discuss preventive strategies of different problems related to respiratory system
- discuss the relationship of smoking with lung diseases
- Describe preventive strategies for smoking

# INTRODUCTION

- **Respiratory tract infection** refers to any of a number of infectious diseases involving the respiratory tract
- It is classified in to 2 types they are:
- ***UPPER RESPIRATORY TRACT INFECTION***
- ***LOWER RESPIRATORY TRACT INFECTION***

- Respiratory diseases range from mild and self-limiting such as the common cold to life-threatening such as bacterial pneumonia or pulmonary embolism

# ETIOLOGY

- Common viruses that usually cause common colds
- Rhinoviruses
- Para influenza or influenza viruses
- Respiratory Syncytial Virus (RSV)
- Corona viruses
- Adenovirus
- Entero viruses
- Coxsackie Virus
- Reo viruses

# UPPER RESPIRATORY TRACT INFECTION

- cold/ flu
- Diphtheria
- Influenza
- Allergic rhinitis
- Sinusitis
- Epiglottitis
- Pharyngitis
- Tonsillitis
- Whooping cough

# LOWER RESPIRATORY TRACT INFECTIONS

- pneumonia
- Pleural effusion
- pneumothorax
- Chronic Obstructive Pulmonary Diseases or COPD (chronic bronchitis, emphysema, bronchiolitis, non-reversible asthma, and specific types of bronchiectasis)
- Interstitial lung disease
- Cystic fibrosis
- Lung cancer
- Tuberculosis (TB)
- Mesothelioma (rare cancer affecting the pleura)

# PNEMONIA CHEST X-RAY



# RISK FACTORS

- physical or close contact with someone with a upper respiratory infection
- poor hand washing after contact with an individual with upper respiratory infection;
- close contact with children in a group setting, schools or daycare centers;
- contact with groups of individuals in a closed setting, such as, traveling, tours, cruises

## Cntd...

- smoking or second-hand smoking.
- health care facilities, hospitals, nursing homes.



# PREVENTIVE MEASURES FOR RESPIRATORY CONDITIONS

- Quitting smoking as both active and passive smoking are a major risk factor for a number of breathing and respiratory tract disorders, including asthma, COPD, and lung cancer
- Washing hands with antibacterial soap, especially before eating or touching food.
- Not touching face or nose with unclean hands as this is one of the primary ways for communicable diseases to spread.
- Avoiding going near someone with influenza or any similar bacterial or viral condition as these germs are often airborne, meaning one can get infected by inhaling contaminated air .

- Getting flu vaccines, especially during flu seasons . Few other conditions like diphtheria may also be prevented with vaccines .
- Following a nutritious diet and drinking plenty of water as they help to strengthen your immunity and flush out toxin
- Avoid areas with lot of air pollutions
- Avoid cold and damp locations
- Wear mask around people who have RTI

**SMOKING**

# A Killer Drug

- **Tobacco is a kind of drug**
- **That everyday eight thousand people die just because of using its derivatives.**
- **Organizations like, the United Nations Children's Emergency Fund (UNICEF), the United Nations Educational Scientific and Cultural Organization (UNESCO) and the World Health Organization (WHO) try to prevent this murder by all means.**
- **Although they have spent time and money on this subject, all smokers and tobacco industry are against them; this means a huge amount of people to fight against.**



**What are in Cigarettes?**

**Do YOU know?**



# **Over 4000 Chemicals!!!!**

## **(60 of which are carcinogenic)**

Source: [www.willwilliams.co.uk/common-issues/smoking/whats-in-a-cigarette](http://www.willwilliams.co.uk/common-issues/smoking/whats-in-a-cigarette)



Image courtesy of ClipArt



- Smoking is a practice in which a substance, most commonly [tobacco](#) or [cannabis](#) is burned and the smoke is tasted or inhaled.
- The most common method of smoking today is
- through [cigarettes](#).
- Other methods of smoking include
- pipes, cigars, [bidis](#), [vaporizers](#) ,[hookahs](#)



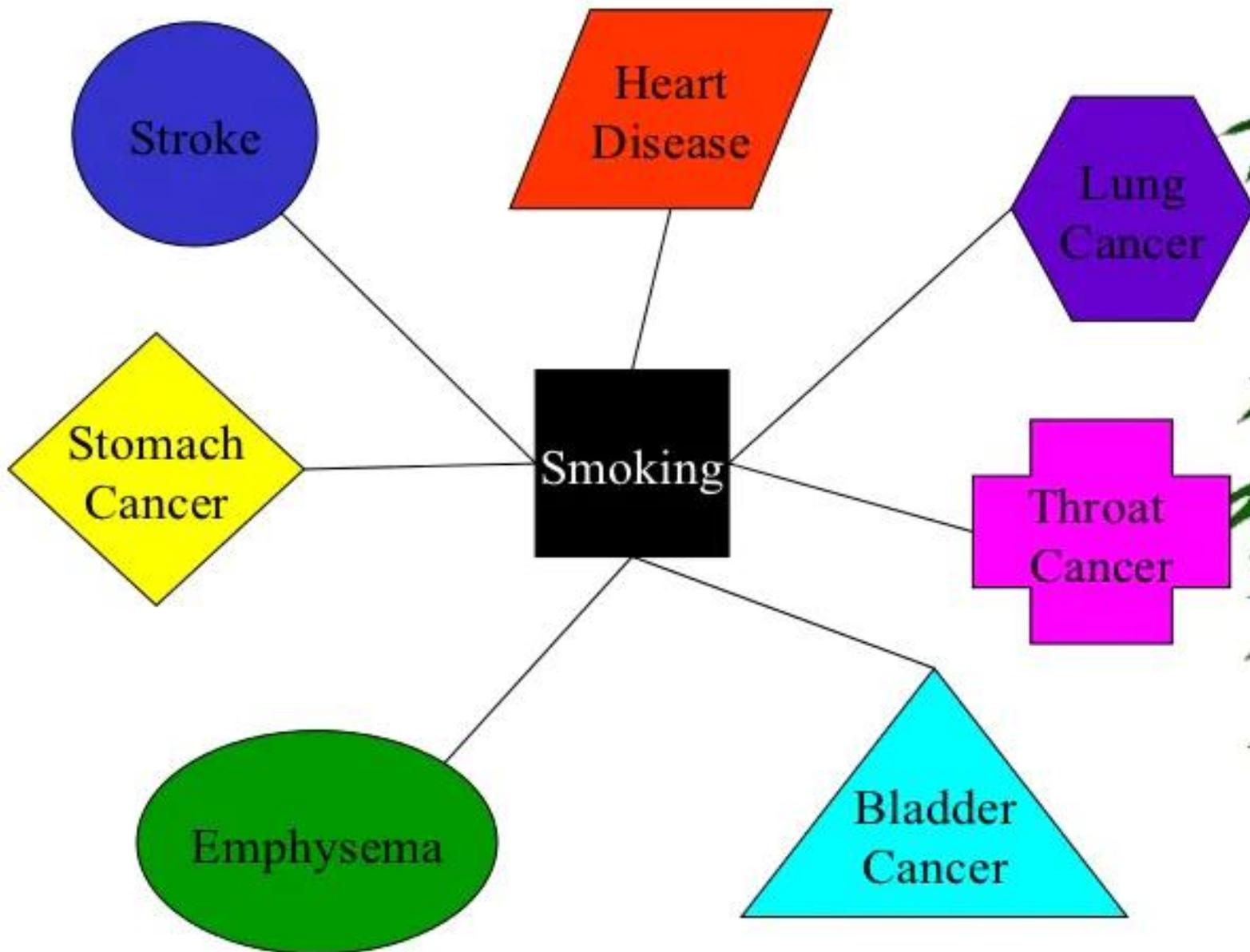
# Reasons for smoking

- Peer- pressure
- Parents or role models smoke
- It's cool



**What are some of the  
consequences of  
smoking?**





# Consequences

- Health diseases
- Waste money
- Waste energy



# Facts

- Smoking reduces life expectancy by 7 to 8 years
- 400,000 deaths annually in USA
- Estimated to causes 10 million deaths per year worldwide in 2020
- About 15 billion of cigarettes are sold daily

Smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers.

A 2007 report states that about 4.9 million people worldwide each year die as a result of smoking.

(West, Robert and Shiffman, Saul (2007). *Fast Facts: Smoking Cessation*. Health Press Ltd..

p. 28. [ISBN 978-1-903734-98-8](#). )



Website Source: <http://smokefreewic.com/Facts/Smoking.html>





SAMPLE REPRESENTATION - FOR REFERENCE ONLY  
WARNINGS FOR SMOKED TOBACCO PRODUCTS 2006



**WARNING:**

SMOKING CAUSES GANGRENE  
QUIT: 1800-438-2000



**WARNING:**

SMOKING INCREASES MISCARRIAGE  
RISK  
QUIT 1800-438-2000



**WARNING:**

SMOKING CAUSES  
92% OF ORAL CANCERS  
QUIT: 1800-438-2000



**WARNING:**

SMOKING CAUSES  
NECK CANCER  
QUIT 1800-438-2000



**WARNING:**

SMOKING CAUSES MOUTH DISEASES  
QUIT: 1800-438-2000



**WARNING:**

SMOKING CAUSES  
92% OF ORAL CANCERS  
QUIT: 1800-438-2000

(Website Source: [www.quitsmokingpainlesslynow.com/.../](http://www.quitsmokingpainlesslynow.com/.../))





Website Source: <http://www.kahee17.com/eng/index.php/health-a-medicine/80-smoking-the-21st-epidemic-disease>





# Reasons for quitting:

- Smoking is addictive
- Smoking kills
- Smoking is expensive



# Benefits for quitting

- General health improves
- More energy
- Save money
- Sense of taste & smell improves
- Set an example for young people



# How to quit

- S = set a quit date
- T = tell family, friends that you plan to quit
- A = anticipate & plan for the challenges you'll face will smoking
- R = remove cigarettes & tobacco from your home, car ...
- T = talk to your Dr. about getting help to quit

# Solutions

- Nicotine gum
- Advertisements on risk of smoking
- Increase price of cigarettes
- Age limits for purchasing cigarettes
- Warning labels
- Awareness campaigns

# **Anti-Smoking Campaigns**

## **Let's Have A Look At Some**



Image Courtesy of ClipArt





Image courtesy of Flickr



# Anti-Smoking TV Commercials

Cigarette Advertising is banned in Australia but there are numerous anti-smoking campaigns in Australia and around the world. View the following:

<http://www.youtube.com/watch?v=1MF4sCvkAAA>

<http://www.youtube.com/watch?v=JndtG8Y7yfw>

<http://www.youtube.com/watch?v=SfAxUpeVhCg>

Answer the following questions:



# Bibliography

- Sheridan, Glyn. "What Are Some Solutions to Smoking?" *LIVESTRONG.COM*. 10 Aug. 2010. Web. 24 May 2012. <<http://www.livestrong.com/article/199754-what-are-some-solutions-to-smoking/>>.
- Martin, Terry. "Global Smoking Statistics for 2002." *About.com Smoking Cessation*. 13 Mar. 2012. Web. 24 May 2012. <<http://quitsmoking.about.com/cs/antismoking/a/statistics.htm>>.

**THANK U**