

Different Stages of (COPD) Chronic Obstructive Pulmonary Disease and its Treatment

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DESCRIPTION

(COPD) Chronic Obstructive Pulmonary Disease is a term for a number of lung disorders that worsen with time. Emphysema and chronic bronchitis can potentially lead to COPD. (COPD) Chronic Obstructive Pulmonary Disease diagnosis indicates that may have signs of lung-damaging conditions. As (COPD) Chronic Obstructive Pulmonary Disease worsens over time, breathing becomes more difficult.

Chronic bronchitis

Bronchial tubes, which transport air to lungs become irritated by chronic bronchitis. The tubes enlarge as a result, and mucus (phlegm or "snot") accumulates along the lining. The buildup makes it challenging to breathe in and out of lungs because it reduces the tube's aperture. Mucus is often expelled from airways by tiny hair-like structures inside of bronchial tubes known as cilia. Mucus cannot be cleared by cilia that are damaged.

Emphysema

Emphysema is the disintegration of the lining of the alveoli, which are tiny air sacs located at the "bottom" of lung near the end of bronchial tubes. Lung resembles an overturned tree. The leaves represent the air sacs or "alveoli," the branches are the "bronchi," and the trunk is the "trachea." The air sacs are essential for moving carbon dioxide out and oxygen into circulation. Emphysema damage obliterates the air sac walls, making it challenging to take a deep breath.

Symptoms and signs

- Extended bouts of persistent coughing up mucus.
- Difficulty inhaling deeply.
- Breathlessness after light exertion (like walking or using the stairs).
- Breathlessness while undertaking routine everyday tasks.
- Wheezing.

Tests and diagnosis

Healthcare professional will provide medical history, conduct a physical examination, and order some tests, including as breathing tests, to evaluate the condition of lungs and overall health.

Tests

Spirometry is a quick test used by medical professionals to assess how effectively lungs function. Blow air into a tube that is connected to a machine to conduct this test. This lung function test gauges how quickly and how much air can exhale. Provider could also want to perform a few other tests, like

1. **Pulse oximetry:** This test determines how much oxygen blood contains.
2. **Arterial blood gases (ABGs) tests:** These analyses levels of carbon dioxide and oxygen.
3. **Electrocardiogram (ECG or EKG):** This test evaluates heart function and obviates heart disease as the source of breathlessness.
4. **A chest CT scan or X-ray:** Imaging tests search for pulmonary alterations that (COPD) Chronic Obstructive Pulmonary Disease brings about.

Prevention

Washing hands: Wash hands frequently with soap and warm water, particularly before making food.

Environment: Keep home spotless and dust-free. Keep mould and mildew out of sinks and bathrooms.

Diet: Try to maintain a healthy diet. The body can withstand infection with the aid of good nutrition. Consume food from every food category. Some individuals discover that eating more fats and fewer carbohydrates improves their ability to breathe. This is brought on by how much carbon dioxide is created when food is broken down.

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