



NEW VIP ROAD, KARELIBAUG, VADODARA RAOPURA, VADODARA  
Lakulesh Park Society, Pranayam Lung & Heart Institute Opp. Suryanarayan Baug,  
Near Sadhu Vasvani School, Near G.P.O. Raopura,  
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**Name of the disease: *Influenza***

**Common name: *Flu***

**What is *Influenza*?**

An initial indication through common cold with a runny nose, sneezing and cough; flu grows suddenly in your body at a quicker rate compared to common cold

Symptoms:

- Fever over 100 F (38 C)
- Aching muscles, especially in your back, arms and legs
- Chills and sweats
- Headache
- Dry, persistent cough, sore throat
- Fatigue and weakness
- Nasal congestion

Causes:

- Being in contact (cough, sneeze or talk) with a person suffering of influenza through inhalation
- Using objects previously used by the person suffering of influenza

Treatment route:

- While the body's own immune system works to fight influenza, the patient is required to rest extensively, avoiding contact with any human or object
- Intake a lot of liquids and avoid smoking or drinking alcohol
- Doctor prescribed medication: oseltamivir (Tamiflu) or zanamivir (Relenza) (Note: antiviral medication may include side effects varying from patient to patient)

**Name of the disease: *Lung Cancer***

**Common name: *Lung Cancer***

Definition:

Beginning in the lungs, a malignant lung tumour is characterised by an uncontrolled cell growth in tissues of the lung causes lung cancer or lung carcinoma

Symptoms:

- Changes in a chronic cough or "smoker's cough"
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain, Wheezing, Hoarseness
- Unconditional weight loss
- Bone pain, Headache



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#### Causes:

- Smoking: active as-well-as passive smokers
- It might occur, people who have never been exposed to smoking of any type may test positive of lung cancer; in which case the cause is unclear

#### Treatment route:

- At first, consult your family doctor, as he will guide you to a specialist if the symptoms signal lung cancer
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session
- After an initial process of testing and process of the patient's condition, the doctor advices upon further advancements in the treatment process

#### **Name of the disease: Lymphangioliomyomatosis or LAM**

#### **Common name: LAM**

#### Definition:

Lymphangioliomyomatosis or LAM is a rare lung disease occurring in women of childbearing age; due to abnormal multiplication of muscle cells and blood vessels, which results in swelling of air sacks in the lungs.

#### Symptoms:

- Shortness of breath
- Wheezing and cough
- Sudden pneumothorax (collapsed lung) – cause of pain and shortness of breath
- Kidney failure

#### Causes:

- LAM remains an exceptionally rare disease, which does not appear in attention for treatment until tested for it
- It is not a type of cancer, but the disease shares common features with tuberous sclerosis

#### Treatment route:

- Sirolimus (Rapamune) is the first drug approved to treat lymphangioliomyomatosis



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- Whereas, inhaled bronchodilators (albuterol, ipratropium) can help open the airways, reducing shortness of breath in a few people
- Suggested therapies: Progesterone, Tamoxifen and Synthetic luteinizing hormone-releasing hormones (Leuprolide, Lupron)

**Name of the disease: Mesothelioma**  
**Common name: Mesothelioma**

**Definition:**

The cancer occurs in the thin layer of tissue covering the majority of your internal organs (mesothelium). It is divided into the following four types: Pleural (lungs): affects the tissue that surrounds the lungs, peritoneal (abdomen): occurs in tissue in the abdomen, pericardial (heart): affects tissue that surrounds the heart and testicular: affects tissue surrounding the testicles.

**Symptoms:**

**Pleural:**

- Chest pain under the rib cage
- Painful coughing
- Shortness of breath
- Unusual lumps of tissue under the skin on your chest
- Unexplained weight loss

**Peritoneal:**

- Abdominal pain
- Abdominal swelling
- Lumps of tissue in the abdomen
- Unexplained weight loss

**Pericardial:**

- Breathing difficulty
- Chest pains

**Testicular:**

- Swelling
- Mass on a testicle

**Causes:**

- Begins with the occurrence of a series of genetic mutations within a cell, causing the cell to grow and multiply out of control.
- Through interaction between inherited conditions, your environment, your health conditions and your lifestyle choices



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#### Treatment:

- Firstly, visit your doctor in case you are suspected to the abovementioned symptoms. (Note: signs and symptoms of mesothelioma aren't specific to the disease. It may happen or are likely to be related to other conditions)
- If signs and symptoms seem bothering, ask your doctor for an evaluation, and mention if you've been exposed to asbestos
- In case of lung or abdominal symptoms, visit your family doctor. If your doctor suspects mesothelioma, a pulmonologist or gastroenterologist will be recommended
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, prescribed medications and past reports, providing a case history to your doctor
- It is important to visit the specialist with a companion, who could help you in registering and collecting the details and advices given during the session
- Prepare a set of question, expectations and queries, you will need to ask the doctor during your visit

#### **Name of the disease: Middle East Respiratory Syndrome (MERS)**

#### **Common name: MERS-CoV**

#### Definition:

It is viral respiratory illness, which develops a severe acute respiratory illness, including fever, cough, and shortness of breath in the patient. Largely, causing death.

#### Symptoms:

- Fever/Cold
- Cough
- Shortness of breath
- Gastrointestinal symptoms including: diarrhea and nausea/vomiting
- People with pre-existing medical conditions (also called comorbidities) may be more likely to become infected with MERS-CoV
- Patients of diabetes; cancer; and chronic lung, heart, and kidney disease as-well-as individuals with weakened immune systems are also at higher risk for getting MERS or having a severe case
- Incubation period for MERS is usually about 5 or 6 days, but can range from 2 to 14 days

#### Causes:

- Spread from an infected person's respiratory secretions: through coughing
- Through close contact: caring for or living with an infected person

#### Treatment route:

- There is no medication that is known to treat MERS-CoV. Although treatment is supportive.



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**Name of the disease: Nontuberculosis Mycobacteria**

**Common name: NTM, Environmental Mycobacteria, Atypical Mycobacteria and Mycobacteria other than Tuberculosis (MOTT)**

Definition:

Mycobacteria which do not cause tuberculosis or leprosy, NTM do cause pulmonary diseases that resemble tuberculosis, lymphadenitis, skin disease, or disseminated disease.. They occur in many animals, including humans.

Symptoms:

- Chronic or recurring cough
- Sputum production, and dyspnea
- Constitutional symptoms: fever, fatigue, malaise, night sweats, weight loss and (although uncommon) emoptysis

Causes:

- Patient or victim may come in contact or unhygienic soil and water i.e. exposure to environmental sources of NTM

Treatment route:

- Using similar medications used to treat tuberculosis (TB)
- In few cases, the patient may not require treatment for their less severe infection
- The process of treatment requires the patient to consume antibiotics for 1 to 2 years

**Name of the disease: Pneumoconiosis**

**Common name: Pneumoconiosis**

Definition:

An occupational lung disease and a restrictive lung disease caused by inhalation of dust, characterized by inflammation, coughing, and fibrosis, often in mines and from agriculture.

Types:

Asbestosis, Silicosis, Coal worker's, Talc, Kaolin, Siderosis of the lung.

Symptoms

- Shortness of breath, especially during exercise
- Chest X-ray may show a characteristic patchy, subpleural, bibasilar interstitial infiltrates or small cystic radiolucencies called "honeycombing".
- Cough (with or without mucus)
- Wheezing



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#### Causes:

- Exposure to mineral dust and whether the patient is a smoker; the risk increases if a smokers has asbestosis
- Inhaling barium sulfate, tin oxide, compounds containing hard metal (cobalt and tungsten carbide) or other forms of mineral dust
- In the long term, people with asbestosis and talc pneumoconiosis have an increased risk of lung cancer and malignant mesothelioma

#### Treatment route:

- Avoid exposure to the mineral dust. Prescribed one or two medicines for decreasing inflammation in your airways and to help open your bronchial tubes.
- People with oxygen level below 90% in their blood may need to breathe additional oxygen at home
- Pneumoconiosis causes extreme breathing problems, a lung transplant is the only cure.

#### **Name of the disease: Pneumonia**

#### **Common name: Pneumonia**

#### Definition:

An infection inflaming the air sacs in one or both lungs, filling it with fluid or pus (purulent material), causing cough with phlegm or pus, fever, chills, and difficulty breathing.

#### Symptoms:

- Chest pain when you breathe or cough
- Confusion or changes in mental awareness (in adults age 65 and older)
- Cough, which may produce phlegm
- Fatigue
- Fever, sweating and shaking chills
- Lower than normal body temperature (in adults older than age 65 and people with weak immune systems)
- Nausea, vomiting or diarrhea
- Shortness of breath
- Bacteria, fungi viruses

#### Causes:

- A variety of organisms, including bacteria, viruses and fungi, can cause pneumonia
- People with health problems or weakened immune systems

#### Treatment route:

- Visit your family doctor, who will do a physical check-up of your body and check for abnormal bubbling or crackling sounds that suggest pneumonia
- If pneumonia is suspected, your doctor may recommend the blood tests, chest X-ray, Pulse



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oximetry or sputum test

- Additional test maybe ordered if you're older than age 65, are in the hospital, or have serious symptoms or health conditions
- Treatment through antibiotics, cough medicine, fever reducers and pain relievers maybe prescribed by the doctor after the severity of the patient's condition is determined

**Name of the disease: Sarcoidosis**

**Common name: Sarcoid**

Definition:

It is the growth of tiny collections of inflammatory cells (granulomas) in different parts of your body: lungs, lymph nodes, eyes and skin

Symptoms:

- Fatigue
- Fever
- Swollen lymph nodes
- Weight loss
- Lung symptoms
- Persistent dry cough
- Shortness of breath
- Wheezing
- Chest pain

Skin symptoms:

- A rash of red or reddish-purple bumps, usually located on the shins or ankles, which may be warm and tender to the touch
- Disfiguring sores (lesions) on the nose, cheeks and ears
- Areas of skin that are darker or lighter in color
- Growths under the skin (nodules), particularly around scars or tattoos

Eye symptoms:

- Blurred vision
- Eye pain
- Severe redness
- Sensitivity to light

Causes:

- An exact or accurate reasoning is not available. Though genetic predisposition to develop the disease, which may be triggered by bacteria viruses, dust or chemicals
- An overreaction in the immune system and immune cells begin to granulomas. As granulomas build up in an organ, the function of that organ can be affected causing Sarcoidosis



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#### Treatment:

- There is no cure for sarcoidosis, but most people do very well with little or only modest treatment
- In 50% of the cases, sarcoidosis goes away on its own. In a few cases, however, sarcoidosis may last for years and may cause organ damage.
- Medications include corticosteroids, for reducing inflammation by suppressing the immune system. Also, Hydroxychloroquine. Hydroxychloroquine (Plaquenil) may be helpful for skin disease and elevated blood-calcium levels and tumour necrosis factor-alpha (TNF-alpha) inhibitors.
- Surgery: organ transplant may be considered if Sarcoidosis has severely damaged your lungs, heart or liver

#### **Name of the disease: Severe Acute Respiratory Syndrome (SARS)**

#### **Common name: SARS-CoV**

Definition: A contagious and at times, a fatal respiratory illness.

#### Symptoms:

- Begins with flu-like signs: fever, chills, muscle aches and occasionally diarrhoea.
- Further fever temperature goes over 100.5 F (38 C) or higher
- Fever of Dry cough
- Shortness of breath

#### Causes:

- Through droplets that enter the air, when someone with the disease coughs, sneezes or talks
- Mainly through face-to-face contact, as per experts
- The virus also may be spread on contaminated objects – such as doorknobs, telephones and elevator buttons

#### Treatment route:

- In case you suspect any sign or symptom exposed to or have SARS, you need to visit a doctor immediately; as this serious illness can lead to death
- Previously tested medication (antibiotics) have not shown optimum results for the cure of the disease, but act as support as no special aid for SARS victims is present





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**Name of the disease: Silicosis**  
**Common name: Pulmonary fibrosi**

**Definition:**

Pulmonary fibrosis is an occupational lung disease when the lung tissue becomes damaged or scattered. A thick, stiff tissue does not allow or interrupts your lung's normal function cycle. Shortening your breath as it worsens.

**Symptoms:**

- Shortness of breath (dyspnea)
- A dry cough
- Fatigue
- Unexplained weight loss
- Aching muscles and joints

**Causes:**

- Exposure to dust and other minute particles
- Radiation
- Underlying lung disease: tuberculosis, pneumonia, systemic lupus erythematosus, rheumatoid arthritis, sarcoidosis, scleroderma
- Genetic factors
- Smoking

**Treatment route:**

- Medications and therapies at times help ease symptoms and improve quality of life
- For some people, a lung transplant might be appropriate
- Chemotherapy drugs (Trexall, Cytoxan) and Heart medications

**Name of the disease: Sleep Apnea**  
**Common name: Sleeping disorder**

**Definition:**

It is a type of disorder in which the patient is subject to breathing pauses in between sleeping, lasting from few seconds to minutes. Obstructive, centre and complex are the three of its types. Normal breathing resumes with a loud snort or choking sound.

**Symptoms:**

- Loud snoring, which is usually more prominent in obstructive sleep apnea
- Episodes of breathing cessation during sleep witnessed by another person
- Abrupt awakenings accompanied by shortness of breath, which more likely indicates central sleep apnea



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- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty staying asleep (insomnia)
- Excessive daytime sleepiness (hypersomnia)
- Attention problems
- Irritability

#### Causes:

- When your brain fails to transmit signals to your breathing muscles – Central sleep apnea
- Occurs when the muscles in the back of your throat relax – Obstructive sleep apnea
- Access weight, neck circumference, narrowed airway, use of alcohol, smoking, nasal congestions, older, heart troubles

#### Treatment route:

- Try to get a quick appointment with your family doctor or in a few cases, you might be required to see a sleep specialist, directly.
- Make a note about your symptoms, try to gather information about precautions to be taken before the consultancy and testing begins
- List your personal information, prescribed medications and past reports, providing a case history to your doctor

#### **Name of the disease: Sudden Infant Death Syndrome (SIDS)**

#### **Common name: SIDS**

#### Definition:

unexplained death, usually during sleep, of a seemingly healthy baby less than a year old.

#### Symptoms:

- Changes in breathing, colour, muscle tone

#### Causes:

- Brain abnormalities
- Low birth weight
- Respiratory infection
- Sleeping on the stomach or side
- Sleeping on a soft surface and with parents

#### Treatment route:

- To prevent SIDS, keep the baby sleeping on his back
- Usage of a firm base for the baby to sleep
- Do not warm the baby too much while he or she is asleep
- Make sure the baby sleeps alone



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- Breast-feeding for six months lowers the risk

**Name of the disease: Tuberculosis**  
**Common name: TB**

**Definition:**

A highly contagious disease spread across air when the person infected sneezes or coughs and a non-affected person comes in contact of the bacteria or virus

**Symptoms:**

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Unintentional weight loss
- Fatigue
- Fever
- Night sweats
- Chills
- Loss of appetite

**Causes:**

- Spread by a person to a person through microscopic droplets released in the air: coughs, speaks, sneezes, spits, laughs or sings
- People who are potential victims of TB are more likely to receive it through people whom they live around rather than strangers
- HIV patients are more susceptible to TB

**Treatment route:**

- Start consulting your family doctor, a skin or blood test is advised which gives a more clear outlook to the potential disease
- Further test include: imaging and sputum tests
- It is important to complete the full cycle of treatment and not leave the process midway to avoid TB again in the future