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Extended Abstract: Prevention and Management of Respiratory Diseases Including Throat and Lung Cancers through Exercise Interventions

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Oxygen plays a very important role in the breathing processes. Adequate levels of oxygen are important to support cell. Because of Chronic and serious Respiratory diseases, the pathology of pulmonary system gets affected and that is the reason, oxygen diffusion to capillaries at alveolar level gets disturbed. The responsible factors for the said disturbances are Chronic inflammation and mucus hyper secretion. Hence the management becomes very important for normal lung function. The aim of the abstract is to create awareness among common population regarding alternative and complimentary methods to protect themselves from various respiratory diseases including Throat and Lung cancers. The diseases cause the following changes in Airways. One is Inflammation which includes acute inflammation is a defense process whereas chronic inflammation is a disease process. Hyper secretion of mucus is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent future of inflammation. Chronic mucus hyper secretion is a future risk factor for an accelerated loss of lung function. The thick viscous mucus in the lungs will be conducive to pathogens. Continued inflammation and mucus hyper secretion may significantly contribute to transformation of normal cells into pre cancerous cells and later into cancerous cells i.e. the scope for series of mutations on Genes may get increased. Bronchospasm is an additional factor in asthma patients. Exercise is a potent medication in history. It also can be implemented as a tool to manage various respiratory diseases including throat and lung cancers. Cleaning Upper airway passages, mouth, nose and pharynx, the primary sites of colonization of pathogens and the sinuses, the way stations to the brain. These exercises should be practiced with hypertonic solution i.e., a solution having greater osmotic pressure than that of cells or body fluids and draws water out of cells thus inducing plasmolysis. Physical, aerobic

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and yogic exercises help in strengthening the aspiratory and expiratory muscles. Respiratory health problem commences from upper airway passages and spread to tracheo bronchial tree as they contribute to only one path way. The mucociliary clearance mechanism becomes defunct when excess and sticky mucus forms. Once the upper airway passages are cleaned of it, the defunct cilia become active and ciliate mucus towards mouth and it can be pushed out easily. The upper airway passages and the bronchial airways get cleaned from excess and sticky mucus. The diseases originating from its pathway come under control. The body rituals are based on the concept "Once the offending factor, excess mucus is removed, the origin of it, Inflammation gets resolved". Because of management of the above two factors, the gene damaging effect may get reduced i.e., the scope for series of mutations on genes may get reduced.