Name

Name of Professor

Name of Class

Day Month Year

COPD and Other Respiratory Disease

 In order to develop the understanding of my topic I did online research for the topic, I got enough information about COPD (chronic obstructive pulmonary disease) which is a condition or a medical state optimized by the limitation of airflow that is not entirely reversible. This limitation of airflow is linked with an abnormal inflammatory reaction of lungs to different toxic gases and particles (Pauwels and Rabe, 613). Some of the clinical symptoms of COPD are cough and sputum and dyspnea. The risk factors for this disease are tobacco smoke, air pollution, occupational exposure to gases and chemicals, and different genetic factors as well. The severe condition of this disease is weight loss and anorexia and it needs measurement of airflow limitation (Pauwels and Rabe, 618).

Then I studied another article to learn more about the COPD and other respiratory diseases, one article studied the impact of depression on the COPD. The article investigated the impacts of depression on the hospital readmission, smoking habits and social and physical working among the patients. The study revealed that the prevalence of Comorbid depressive symptoms in the patients suffering from this disease is adverse in the form of persistent smoking, a longer period of staying in the hospital, poor social and physical functioning etc. (Ng et al. n.p). I think one of the most important information obtained from this study is that the interventions that reduce the depressive symptoms are effective for the patients of COPD. Depression during this illness worsens the outcomes for the patients and reducing or improving the state of depression can result in the betterment of patient health.

I also went to the website of Unity Point Health while looking for other Respiratory diseases and found that other than Chronic Obstructive Pulmonary Disease, some other respiratory diseases are Asthma, Chronic Bronchitis, Pleural Effusion, Lung Cancer, Pneumonia, and Emphysema (*The Top 8 Respiratory Illnesses and Diseases, n.p*). I found out that the major causes that contribute to most of the forms of respiratory illness are smoking, exposure to dust and air pollution. Ultimate ways to avoid and skip these diseases is to stay away from smoking and dust, having a healthy diet and weight, sleeping well and decreasing stress. I think this source is very helpful, it has recommendations from a healthcare expert, which makes it credible.

The latest interview with a leading healthcare expert was also searched to obtain information from an experienced person regarding COPD. That interview confirmed the symptoms that I learned from other sources and it also highlighted some common symptoms such as the inability of a person to do something which one can do normally. The expert highlighted the fact that COPD is treatable and to diagnose the diseases the first thing is to have a breathing test if one feels any of the symptoms. One must think of the minute symptoms linked with COPD to get it treated at the right time. This source was also helpful as it made me conscious about my health condition as I feel difficulty in breathing sometimes (National Jewish Health, n.p)

I think that the research about a topic from various sources is a great way to obtain a variety of information. Journal articles are the most reliable sources which provide information about a disease after an extensive study. I not only learned about the symptoms, causes and some medical risk factors related to COPD but also learned about the other respiratory diseases. I also learned about the preventive measures of all of the mentioned respiratory diseases in the paper.

Works Cited

National Jewish Health. *What Is Chronic Obstructive Pulmonary Disease or COPD?* *YouTube*, https://www.youtube.com/watch?v=ZAryWDC0S-4. Accessed 2 May 2019.

Ng, Tze-Pin, et al. “Depressive Symptoms and Chronic Obstructive Pulmonary Disease: Effect on Mortality, Hospital Readmission, Symptom Burden, Functional Status, and Quality of Life.” *Archives of Internal Medicine*, vol. 167, no. 1, 2007, pp. 60–67.

Pauwels, Romain A., and Klaus F. Rabe. “Burden and Clinical Features of Chronic Obstructive Pulmonary Disease (COPD).” *The Lancet*, vol. 364, no. 9434, 2004, pp. 613–20.

*The Top 8 Respiratory Illnesses and Diseases*. https://www.unitypoint.org/homecare/article.aspx?id=2448b930-1451-43e4-8634-c0c16707c749.