

Chronic and life threatening problems

- ① Heart disease (cardiovascular disease)
- reasons can be from birth, faulty lifestyle and health behaviours.
 - leading cause of death world wide.
 - usually affects older adults
 - CVD is not a sig. single disorder, a group of disorder of the heart and blood vessels.
 - a class of disease that involves heart & blood vessels - or both.
 - hypertension is most common and fatal cause
 - Coronary Heart Disease, illness caused due to narrowing of coronary arteries that supply oxygen rich blood to the heart muscle.
 - CHD - a waxy substance called plaque builds up inside the coronary artery.
 - either ruptures or hardens.
 - hardening narrows the arteries and reduces the flow of oxygen rich blood to the heart

If plaque ruptures, blood clot forms a huge blood clot block the blood flow

- results in angina pectoris chest pain or discomfort like pressure on the chest shoulder, jaw, neck, arm back
- neglected feels like indigestion
- blood ~~stop~~ supply block for a prolonged period of time, a muscle tissue of heart myocardium ^{maybe} can be destroyed resulting heart attack
- serious issues even death
- CHD and lead to heart failure and arrhythmias - irregular heart beat.

Symptoms -

- Chest discomfort
- Pain in arm, neck, jaw shoulder stomach
- shortness of breath with or without discomfort cold sweat lightheadedness, nausea

Factors

- | | |
|---|--|
| <ul style="list-style-type: none">- Men Gender- Age- Hypertension (High BP)- Diabetes (Type 2 - High BP) | <ul style="list-style-type: none">- personally pallor- anxiety, stress- anger- negative emotions- high cholesterol |
|---|--|

Treatment symptoms/

- depends upon severity of disease
- key lifestyle changes, medicines & medicinal procedure
- clot dissolving medication

Psychological support & Rehabilitation

- families undertaken to ensure recovery & preventing future heart attack
- diet plan, lifestyle changes, learning some physical sign for future potential attack
- fear when discharged that able to drive, exercise, going back to work etc.
- fear of another attack
- recover when social & family support

STROKE -

condition in which damage occurs in some part of brain due to lack of oxygen rich blood to that area.

Can be caused by the obstruction in the blood flow or the rupture of an artery that feeds the brain.

Stroke is one of the leading cause of death, world wide

There are 2 types -

◦ Ischaemic stroke.

- similar to heart attack except it occurs in the cerebral artery.
- either in ~~the~~ cerebral artery vessel of the brain, blood vessels leading to the brain or even in blood vessels elsewhere in the body leading to the brain.
- clogs the brain blood vessel.
- are 80% stroke.
- happens slowly & person remains conscious.

◦ Hemorrhagic stroke.

- blood vessel breaks or ruptures
- High BP causes small arteries inside brain to burst ~~as~~
- ~~or~~ a blood filled pouch that balloons out from weak spot in the wall of an artery. ~~it is~~
- if ruptures blood spills in the area below brain & skull may cause brain to spasm.
- rapidly and conscious maximum damage happens.

SYMPTOMS

- Weakness or numbness of the face, arm leg on one side of the body
- loss of vision in one or both eyes
- loss of speech, speech difficulty
- Sudden, severe headache, with no known cause

- loss of balance, instead walking.

Factors

- Age - middle
- Gender - women.
- High cholesterol
- Obesity
- Diabetes
- Family history
- High ~~se~~ RBC making blood thick to clot
- Smoking
- Alcohol

Treatment

- depend on which type.
- ischemic - plasminogen activator breaks up blood clots
 - anti platelet tablet to help stop platelets to clumping together.
- blood thinner to prevent new clots or ~~largement~~ enlargement of old.
 - removal of clots
- hemorrhagic - find the cause of bleeding and stop it.
 - cannot give medicines of thinner, it will worsen.
 - surgeries
 - prescribe medicines to lower BP.
- Rehabilitation ^{& helping family} ~~causes~~ disabilities of paralysis, vision and dementia
- emotional disorders, permanent and show marking support groups improvement - medication, physiotherapy, speech therapy & behavioral therapy, Family supp

~~CANCER~~ AIDS

- listed in chronic illnesses 1980's
- not an behavioural disease but an infectious disease
- ~~trans~~ by a virus called Human Immunodeficiency Virus (HIV)
- transmitted from one to another
- highly mortal but easily preventable with knowledge
- also stigmatizes as ^{most} chronic disease and reached global epidemic
- tireless effort to spread awareness has down bend.

HIV Infection and developing AIDS

HIV responsible for AIDS a retrovirus

- retrovirus injects into host cell taking over the genetic working of these cells, makes copies of itself & kills healthy cells.
- As HIV enters bloodstream it attacks and destroy infection fighting cells and damages the body's immune system.
- as T cell losses, weakens body immune system making harder to fight infections

- Having HIV does not mean having AIDS. HIV remains dormant for several years continue to replicate cells and weaken immune system.
- Tested through Blood.
- 4 stages
 - o 1-2 weeks of mild symptoms such as throat pain & headache
 - o no symptoms last for 10 years
 - o specific symptom like painful skin rashes, swollen lymph nodes white spots in mouth etc
 - o last stage - dramatic reduction of CD4 cell weakens the immune system. & very difficult to ward off various infections
- experience weight loss, chronic diarrhea, dementia & personality shifts
- AIDS patient die due to opportunistic disease like cancer, pneumonia, tuberculosis etc.

Psychological Impact of HIV & AIDS

- is still surrounded by widespread ignorance
- high level of stigma, discarded by their own family and left to fend themselves. Children & teens denied admissions in schools & play groups
- lost jobs, evicted from rental houses denied treatments by doctors & never been

— depression, even suicidal, fear despair

Mode of Transmission

① Sexual transmission — homo
— hetero

② sharing needles

③ Perinatal transmission — pregnancy
— feeding

④ Blood transmission

⑤ Organ transplant.

Treatment —

— no cure or vaccine

— able to change structure easily
make difficult to produce an
effective vaccine

— Treatment usually Antiretroviral
helps prolong life & treating some
opportunistic diseases

— advised to have nutritious food
regular exercise, if ill seek immediate
health attention, avoid stress access
to emotional support, have optimistic
outlook

— Psychological intervention, address
emotional

support, pain management, sleep disorders, CT, stress management ^{techniques} therapy, Emotion therapy.

CANCER

- most dreaded of all chronic illness
- diagnosed with cancer hearing death sentence
- high level of anxiety & stress long duration
- abnormal cell growth occurs
- cells grow rapidly despite restriction to of space and signal to send the body to stop reproduction
- in cancer cell reproduction happen in an irregular way & uncontrolled growth leads to tumours called neoplasm.
- Neoplasm or tumor - Greek word → "new found"
- The original tumor is primary which travels to different part of body from new tumor called secondary tumor
- Tumors can be benign ^{slowly & do not spread} & malignant
- shaped different from healthy cells and ifunctioned
- 5 categories -

Carcinoma - malignant neoplasm found in skin cells & body tissues that covers or lines surface of organs, glands or body structures like digestive, respiratory, & reproductive tract

Sarcoma - malignant neoplasm growing from connective tissues such as cartilages, fat, muscles, tendons & bones.

Lymphoma - cancer originated in the nodes or glands of the lymphatic system, whose job is to produce white blood cells & clean body fluids in organs like brain & breast

Leukemia - blood cancer, cancer of bone marrow keep the marrow from producing RBC and platelets and excessive proliferation of WBC
WBC fights infection
RBC prevent anemia
Platelets protect from bruising & bleeding

Myeloma - grows in plasma cells of bone marrow. Sometimes collects in one bone and form single tumor.

Causes of cancers.

- Age - 40-80 ↑ risk
- Gender - Men Breast cancer sharp rise.
- lifestyle - smoking, high fat diet, exposure to UV rays, exposure to chemicals
- linkage btw cancer & tobacco consumption
↓ smoking, chewing & sniffing
increases not only for lung lines but also mouth, neck, head lumps, salivary.

Genetic factors.

Virus exposure - HIV/AIDS
~~Epstein-Barr~~

SYMPTOMS.

- lump → sudden appearance and ↑ in other area
- Blood in urine
- Unusual bleeding & discharge
- difficulty in swallowing,
- constipation, unexplained diarrhea
- cough, chest pain, breathlessness
- Nodule bigger than 7mm diameter, irregular shape or border
- unexplained weight loss.

Diagnostic Method -

- Biopsy
- Endoscopy
- X-ray, CAT Scan, MRI, USG
- Blood test.

Treatment

— Radiotherapy - used in high doses to either destroy the cancer cells or ensure they are unable to reproduce

2 ways

* Internal beam therapy - involve direct ^{high radiation} beam to the malignant tissue for a period of time

* Internal radiation therapy involve placing a radioactive substance inside the body near the malignant tissue.

Though its painless but have burning sensation in that area. hair loss, nausea, loss of appetite, vomiting, weakness

Chemotherapy powerful drug that are either orally or injected

— drug passing through the blood reaches the malignant tissues the destroys rapidly

— Alternative therapies search attempts were made due to side effects

— require emotional & social support

— emotionally but also physically

— ^{social} stigma, broken marriage, loss of vital organs negative impact on psychological well-being

— high level of depression

— patient are counselled by psychoanalyst prior to treatment, during as well as after addressing emotional & psychological issues in order to progress towards road to recovery