

Impact of Copd and its Causes

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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is a worldwide health problem that is increasing in prevalence. This progressive lung condition is characterized by irreversible air flow obstruction, mostly attributable to smoking, environmental and occupational exposures. It is a syndrome composed of chronic bronchitis, small air way disease and emphysema that vary in proportion between affected individuals.

Introduction:

COPD is a chronic obstructive pulmonary disease is a chronic inflammatory, lung disease that causes obstructed airflow from the lungs. Symptoms like breathing difficulty, cough, mucus(sputum production) and wheezing. It's typically caused by long term exposure to irritating gases or particle matter, most often from cigarette smoking. People with COPD are at increased risk of developing heart diseases, lung cancer and variety of other conditions.COPD diagnoses means it leads to the risk of chronic bronchitis and emphysema. If this progresses it makes harder to breath over time.

Chronic bronchitis

It irritates the bronchial tubes, which carry air to and from the lungs. In response the tubes swells and mucus (Phlegm) builds up on the lining. This build up narrows the tubes opening, making it harder to get air into and out of the lungs. Also, Cilia (Air like structures on inside of bronchialtry) normally moves mucus out of the air ways. But, irritation from chronic bronchitis are smoking damages them. The damaged Cilia can't help to clear the mucus.

Emphysema

It's a breakdown of walls of tiny airway(alveoli) at the end of the bronchial tubes in to the bottom of the lungs. Lungs will be like an upside down tree. The damaged walls of tiny air sacs, makes it harder to get a full breath.

Material & Methods

COPD is a chronic inflammatory disease. Occupational lung disease research centre in the district of Alappuzha, Kerala reported a high incident of lung problems among coir workers. Production known as Golden Fibre is either produced by green or dried coconut. Mainly women workers with the noisy environment, Results a number of health problems among workers. The Coir industry is mainly situated in the coastal area. A study was conducted to assess the health hazards of occupational problems, A survey was done with questionnaire. Information like name, age, weight, number of engagement days in month, general health issues, size of rooms, number of workers in a room, ventilation provision, type of

roof, environment parameters like temperature, light intensity, dust as well as noise all these were measured to study the effect among the workers.

Instruments to evaluate the climatical parameters are sound level meter, respicon / dust analyzer, lux meter and hot air oven.

Results

A High percentage of exposed workers reported recurrent and prolonged cough(30%),Phlegm(25%), wheeze(8%), dyspnea(21%), sinusitis(27%), shortness of breath(8%) and bronchial asthma(6%) also body pain (90%) of subjects, low back pain(47%) and neck pain(19%).

Conclusion

Hence, it was concluded that occupational hazards is one of the leading factor which leads to chronic exposure to some irritants that obstruct the airflow of the lungs.

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