

Surgical Treatment

Medical

S e r v i c e s



Understanding Lung Disease
And How You Can Prevent It

Authored By A Real Doctor
With 25 Years Of Experience

Your lungs are one of the most important organs in your body.

Learn about its anatomy and functions so you know how to prevent heart disease.

Dr. Loy Puckett MD



About The Author



Dr. Loy Puckett, MD, (Doctor Loy) is an Emergency Medicine Specialist, author, and entrepreneur. He not only takes care of patients but also presents medical content on a vast array of topics for anyone worldwide.

Doctor Loy's career spans almost 25 years of emergency medicine practice, including 10 years as the Medical Director for Moberly Regional Medical Center Emergency Department. During this time, he also applied his medical expertise to his own successful business of managing emergency physicians.

Doctor Loy completed his medical studies at the University of Missouri – Columbia School of Medicine after earning his B.A. in Chemistry at the University of Missouri. He was on the Dean's Honor List for 6 out of 8 semesters.

Medical Disclaimer

The information is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available through this digital format is for general information purposes only. DOCTORLOY.COM / CLAIRELYNN FINANCIAL LLC makes no representation and assumes no responsibility for the accuracy of information contained on or available through this digital format, and such information is subject to change without notice.

You are encouraged to confirm any information obtained from or through this digital format with other sources, and review all information regarding any medical condition or treatment with your physician or Doctor. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS DIGITAL FORMAT.

DOCTORLOY.COM / CLAIRELYNN FINANCIAL LLC does not claim or make any representation about the efficacy, appropriateness or suitability of any specific tests, products, procedures, treatments, services, opinions, health care providers or other information that may be contained on or available through this digital format. DOCTORLOY.COM / CLAIRELYNN FINANCIAL LLC IS NOT RESPONSIBLE NOR LIABLE FOR ANY ADVICE, COURSE OF TREATMENT, DIAGNOSIS OR ANY OTHER INFORMATION, SERVICES OR PRODUCTS THAT YOU OBTAIN THROUGH THIS DIGITAL FORMAT.

BSPOKE EBOOKS have put this together based on paid for content license and have the rights to publish in a digital format. We are not associated directly to Dr Loy Puckett MD. nor are we to DOCTORLOY.COM / CLAIRELYNN FINANCIAL LLC and do not represent them in any way.

Table Of Contents

Lung Anatomy and Function	01
Anatomy of the Lungs	02
Regulating and Protecting Your Body	03
How Lung Disease Disrupts Regular Functions	04
The Connection Between Chronic Lung Disease and Asthma	05
Causes Of Lung Disease	06
Infection - Smoking and Inhaling Other Toxins	07
Managing Asthma and Other Lung Conditions	08
Emphysema (,COPD) Obstructed Breathing, and Lung Disease	09
Understanding Lung Disease and Cancer	10
How Lung Disease Becomes Lung Cancer	11
Managing Adenocarcinoma and Other Lung Illnesses	12
How to Manage Pneumonia and Related Lung Disease Conditions	13
Pneumonia and Pulmonary Disease	14

Minimising Your Risk of Pneumonia and Other Lung Conditions	<u>15</u>
Causes and Treatments of Pulmonary Fibrosis Lung Disease	<u>16</u>
Managing Pulmonary Fibrosis and Other Lung Conditions	<u>17</u>
Oxygen Therapy Treatment	<u>18</u>
Lung Transplant Risks and Benefits	<u>19</u>
Long-Term Benefits of Transplants for Pulmonary Disease	<u>20</u>
Risk of Rejection, Lung Illness, and Infection	<u>21</u>
The Connection Between Chronic Lung Disease and Sleep Apnea	<u>22</u>
Hypoxemia and Lung Conditions	<u>23</u>
Understanding CPAP Treatment	<u>24</u>
Understanding CPAP Machines	<u>25</u>
Addressing Underlying Pulmonary Disease	<u>26</u>
What to Do When You're Having a Lung Disease Emergency	<u>27</u>
Pulmonary Embolism	<u>28</u>
Pneumothorax	<u>29</u>
How to React to an Emergency	<u>20</u>
Understanding Heart Disease And How To Prevent It	<u>31</u>
Diet Control as Heart Disease Treatment	<u>32</u>

Understanding Lung Disease:



Lung Anatomy and Function

Your lungs are an integral part of your body's regular functions. They're involved in your respiratory system, which allows you to breathe.

Breathing supplies your body with the oxygen it needs to function, so it's especially important to make sure your lungs are working properly, and to seek medical treatment if they aren't.

Lung disease can prevent your lungs from doing their job efficiently, which means organs like your heart and brain aren't getting enough oxygen.

Your lungs move oxygen from the air into your bloodstream. The bloodstream carries the oxygen to every cell in your body. It also picks up carbon dioxide from the cells and carries it back to the lungs. When you breathe out, you push the carbon dioxide out of your lungs and your body.

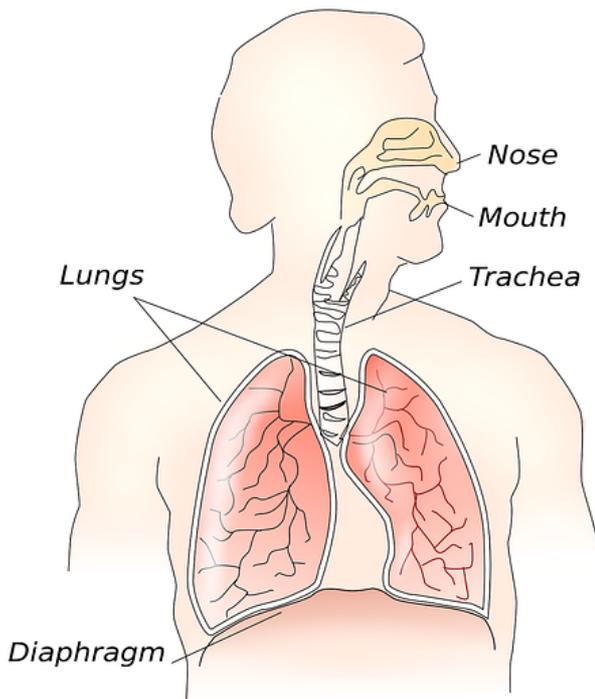
Learn about the anatomy and function of your lungs to get a better understanding of the role this pair of organs plays in your overall health.

This knowledge will also help you manage your risk of lung disease and take good care of your lungs in the event that you develop it.

Take a journey into the lungs to see how the respiratory system and automatic nervous system work together to keep us alive

Anatomy of the Lungs

Your lungs are a pair of organs located in your chest cavity. Your left lung is a little smaller than the right, and it has an indent called the cardiac impression that makes room for your heart. The close proximity of your heart and lungs allows for the oxygenation of blood, which then passes back into the heart.



Each lung is encased in a pleural sac, and the different sections of your lungs are divided into lobes. The most important structures to know to better understand respiration are the bronchi and the alveoli.

Bronchi

The bronchi carry air from the trachea into the lungs. They branch off into smaller tubes known as bronchioles.

Bronchi are mainly a method for the transportation of air to and from your lungs, but they also serve an important immune function. Most lung conditions that interfere with regular breathing, such as asthma and lung cancer, interfere with the regular function of the bronchi.

Alveoli

Your alveoli are small air sacs inside your lungs. These are the structures responsible for intaking oxygen and expelling carbon dioxide, allowing for gas exchange.

Humans have an average of 400 million alveoli in their lungs, though this can vary depending on the size of your lungs.

Functions of the Lungs

Your lungs are literally involved in every breath you take. This is because they are the most important organ in the process of breathing, though they work with the help of other structures like your diaphragm and surrounding muscles.

In addition to helping you breathe, your lungs also perform a number of related functions, many of which assist in air filtration and keeping you in healthy shape.

Lungs are baglike organs, or body parts, used for breathing. They are part of the body's respiratory system.

Your windpipe – also called your trachea - carries air into the lungs and out again when you breathe out. We all breathe in and out anywhere from 12 to 15 times per minute at rest. Learn how lungs move fresh air in and waste gases out of the body.