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Chronic Inflammation and mucus hyper secretion are the factors responsible for various respiratory diseases including throat and lung Cancers – Prevention and management through Exercise Interventions

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Background: The objective of the paper is to create awareness among people about alternative and complimentary methods to protect themselves from various respiratory diseases including Throat and Lung cancers. The diseases cause the following changes in Airways.

- 1) Inflammation: Acute inflammation is a defense process whereas chronic inflammation is a diseases process.
- 2) Hyper secretion of mucus: Chronic mucus hyper secretion is a potential risk factor for an accelerated loss of lung function. The thick viscous mucus in the lungs will be conducive to pathogens. Currently available medicines and methods are not able to meet the needs of the sufferers. Continued inflammation and mucus hyper secretion may significantly contribute to transformation of normal cells into cancer cells i.e. the scope for series of mutations on Genes may get increased.
- 3) Bronchospasm: is an additional factor in asthma patients.

Methods: Exercise is a potent medication in history. It can be used as a tool to manage various respiratory diseases including throat and lung cancers.

- a) 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.

- b) Physical, aerobic and yogic exercises: help in strengthening the Inspiratory and Expiratory muscles.

Conclusions: Any mucus related respiratory health problem commences from upper airway passages and spread to tracheo bronchial tree as they constitute 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 exercises are based on the concept " Once the offending factor, excess mucus is removed, the origin of it, Inflammation gets resolved " As a result 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.

Biography

Presented papers at various International conferences including ALL INDIA INSTITUTE OF MEDICAL SCIENCES New Delhi 2009 and 2012 for their conferences on Gerontology and Geriatric Medicine and WORLD ALLERGY ORGANISATION OF US for their conferences on Allergy, Asthma and Immunology 2010 and 2012, National conferences on pulmonary diseases at Bhubaneswar and Chennai, Indo Global Health Care summit and Expo, International conference in 2014 at Hyderabad. He has been given award for Excellence in Health Care by the Organizers of the International conference. He has also presented paper at AIIMS New Delhi, for their International conference on Multidisciplinary Health Care 2014 and 2016 and many others as stated below:

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