


MEDICOS^{NEXT...}



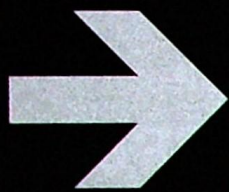
**Thyroid
Disorders**

**ALL ABOUT
A MOST
IRRITATING
DISEASE**

**KEY TO PCOS
IS IN OUR OWN
KITCHENS!**

**TRANSFUSION
MEDICINE**
A VAST AND UPCOMING FIELD

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CONTENT

APRIL 2021
ISSUE 12

● DISEASE

The Most Common NCD in Nepal

Trans. by Dr. Nisha Kumar Shrestha

COPD is a common preventable and treatable disease characterized by persistent respiratory symptoms and airflow limitation due to airway and/or alveolar abnormalities caused by significant exposure to noxious particles or gases. It is the fourth most common cause of mortality globally, with significant effects on quality of life and health economics. In Nepal, COPD is the most common non-communicable disease in Nepal, and the second most

common cause of mortality in Nepal and India, which is perhaps because of increased biomass fuel usage and pollution exposure. A significant aspect of health burden in Nepal is the high prevalence of COPD, which is a leading cause of death and disability. The disease is caused by long-term exposure to irritants that damage the lungs and airways. The most common risk factor for COPD is smoking, followed by exposure to biomass fuel smoke and air pollution. COPD is a preventable and treatable disease, and early diagnosis and treatment can help improve quality of life and reduce the risk of complications.



BY MEDICOMENT / ISSUE 12

● DISEASE

Key points for diagnosing COPD:
• Persistent cough with sputum (phlegm)
• Shortness of breath
• Chest pain and wheezing
• Frequent respiratory infections
• Weight loss
• Decreased exercise tolerance
• Blue lips and nail beds (cyanosis)
• Swollen ankles and feet (edema)

Symptoms:
• Cough
• Shortness of breath
• Chest pain
• Wheezing
• Frequent respiratory infections

Diagnosis:
COPD is diagnosed in patients having chronic cough with sputum production, shortness of breath, and wheezing. The diagnosis is confirmed by spirometry, which shows a significant and persistent decrease in forced expiratory volume (FEV1) and forced vital capacity (FVC) after bronchodilation. The severity of COPD is classified into four stages based on FEV1 values.



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Orthodontics: Gateway to Your Beautiful Smile

