

Respiratory diseases
in
Ostrołęka County

⑩ 4400 persons underwent examination

⑩ 950 persons were given referrals to more detailed investigation

⑩ 600 persons were examined so far

The results of more detailed investigation:

⑩ 202 COPD

⑩ 72 bronchial asthma

⑩ 39 lung nodules and tumours

⑩ 8 interstitial pulmonary disease

⑩ 1 pulmonary embolism

Specialists estimate that 10% Polish people over the age of 40 suffer from COPD.

⑩ BUT only 1/5 of them is aware of it

COPD is the second most common chronic disease in Poland, right after arterial hypertension.

Around 2.8 million Polish people suffer from

COPD, 17 000 of them die each year

COPD mortality rate in Poland in the age group 60-69.

2000		2013	
M	66,3 / 100 000	M	46,2 / 100 000
K	13,0 / 100 000	K	20,1 / 100 000

According to GOLD, COPD means:

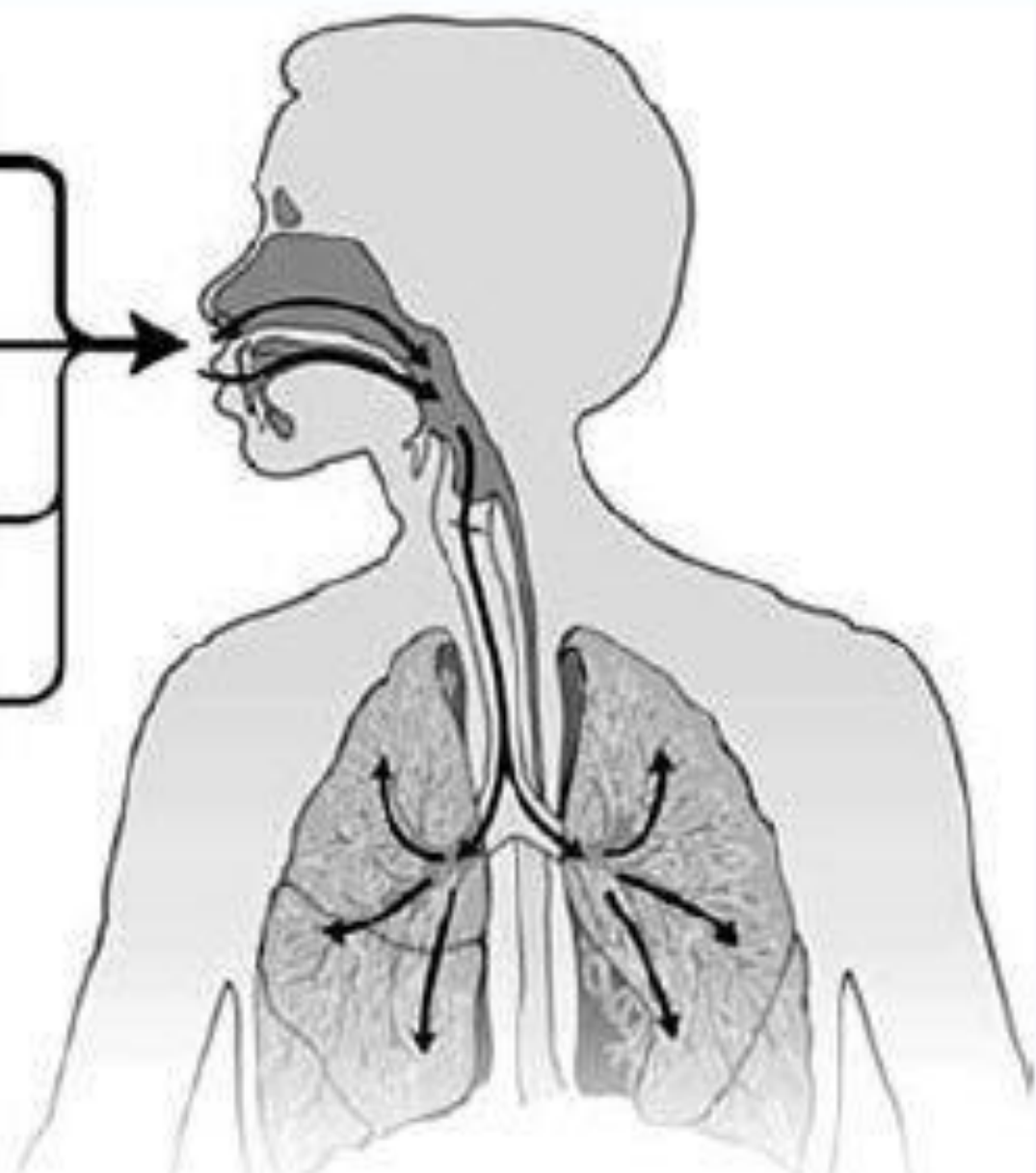
Chronic obstructive pulmonary disease (COPD), a common preventable and treatable disease, is characterized by persistent airflow limitation that is usually progressive and associated with an enhanced chronic inflammatory response in the airways and the lung to noxious particles or gases. Exacerbations and comorbidities contribute to the overall severity in individual patients."

dym papierosowy

pyły i substancje chemiczne
w miejscu pracy

dym tytoniowy wdychany biernie

zanieczyszczenie powietrza
atmosferycznego i wewnątrz pomieszczeń



COPD Symptoms

- ⑩ Chronic cough – especially in the mornings
- ⑩ Sputum production – in the mornings
- ⑩ Dyspnea – at first effort dyspnoea, then dyspnoea at rest

TYPES OD COPD

BLUE BLOATER – Cyanotic and resigned

In most cases, patients also suffer from chronic



bronchitis



PINK PUFFER

pink, willing to fight for their health

In most cases, patients suffer also from emphysema.

Bronchial asthma definition

- ⑩ chronic inflammatory disorder of the airways
- ⑩ bronchitis with hyperresponsiveness,
- ⑩ leading to wheezing, dyspnoea, chest tightness
- ⑩ the attacks result in bronchospasm of variable intensity; bronchospasm may resolve itself or be cured with a medicine

In Poland every tenth child and every fifth adult suffer from bronchial asthma.

People living in rural areas are less likely to suffer from this disease.

Asthma is not a homogenous disease entity.

Asthma clinical presentation

- ⑩ dyspnoea – paroxysmal, variable, the attack may come any time, it may be triggered by laugh, cold air or physical effort
- ⑩ chest tightness
- ⑩ dry cough, paroxysmal
- ⑩ in case of allergic asthma, other symptoms due to the allergy may appear

Lung tumours

- ⑩ Most common cancer among men, second most common cancer among women, after breast cancer
- ⑩ Lung cancer is the most deadly cancer among men, and most recently also among women
- ⑩ Only 5-7% people live up to 5 years after the cancer is discovered
- ⑩ In 90% the tumour appears in lungs, in 10% it is caused by metasthaesis

Lung cancer morbidity in Mazowieckie Voivodeship

2013

M 69,7 / 100 000

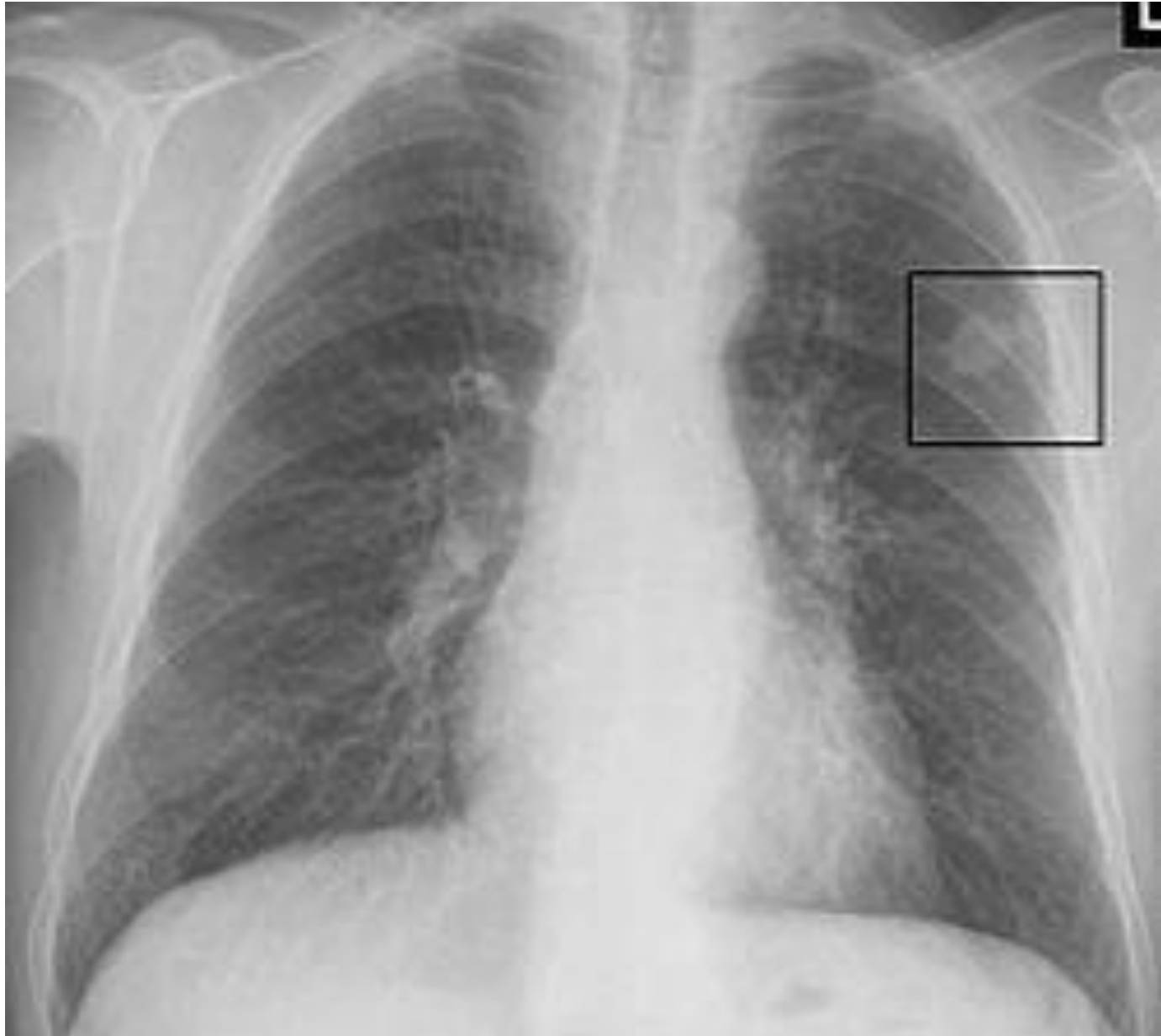
K 33,3 / 100 000

Lung cancer symptoms and frequency of their

occurrence

- ⑩ cough – 50%
- ⑩ losing weight – 40%
- ⑩ dyspnoea – 30-40%
- ⑩ pain – 30%
- ⑩ haemoptysis – 25%
- ⑩ bone pain – 15%
- ⑩ finger clubbing – 20%
- ⑩ weakness, fever, recurrent infections





THYMOMA





Interstitial lung diseases – heterogenic group of diseases (over 200) mostly subacute and chronic, the symptoms of which are progressive effort dyspnoea, bilateral changes in chest on X-ray picture, restrictive ventilation disorders

It is a subacute or chronic inflammation of alveoli and bronchi, sometimes with progressive granulomatosis and generally irreversible interstitial and alveolar fibrosis

Diseases discovered during the project:

- ⑩ 1 person with sarcoidosis
- ⑩ 2 persons with idiopathic pulmonary fibrosis
(6,8 – 16,3 / 100 000)
- ⑩ allergic alveolitis known as farmer's lung (5-15%
people exposed to environmental factors causing
this disease develop allergic alveolitis)

