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MAY 2024



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The Vital Role of Lungs and the Global Impact of Asthma



Lungs are vital organs, facilitating the exchange of oxygen and carbon dioxide essential for life. Conditions like asthma can significantly compromise this function, affecting millions worldwide. Asthma, a chronic respiratory ailment, appears in various forms, triggered by factors ranging from allergens to physical activity.

World Asthma Day serves as a poignant reminder of the challenges faced by asthma sufferers and the urgent need for effective intervention. However, one of the most significant contributors to worsening asthma symptoms and respiratory health deterioration is tobacco smoke. The toxic components of tobacco, including tar, nicotine, and carbon monoxide, inflict extensive damage to lung tissues, fostering inflammation and impairing lung function.

In this newsletter, we explore into the intricate relationship between smoking and asthma, exploring the impacts of tobacco consumption, and other related factors on asthma severity and management. It's important to understand this complex problem and to focus on quitting smoking and creating smoke-free places to help lessen the impact of asthma.

Incidence Rate

India holds a significant share in global asthma cases, with an estimated 34.3 million individuals affected, constituting 12.9% of the worldwide total of 262 million.

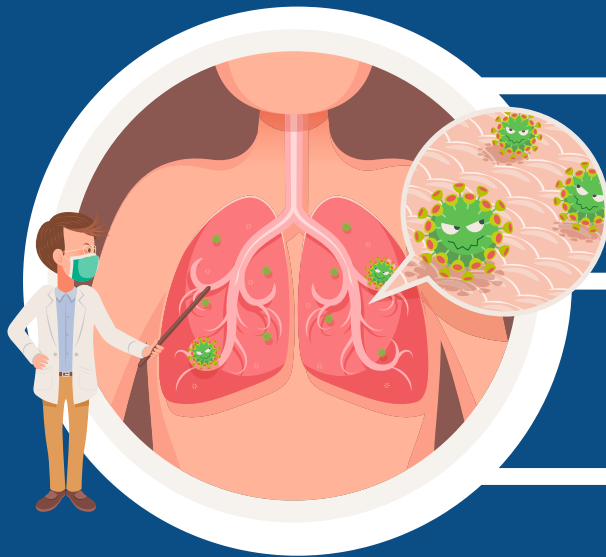
Out of every 10 asthma patients globally, one is from India. Annually, asthma claims 4.61 lakh lives globally, with India accounting for 1.98 lakh deaths.





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Types of Asthma



Exercise-induced asthma, exacerbated by cold and dry air



Occupational asthma, triggered by workplace irritants like chemical fumes, gases, or dust



Allergy-induced asthma, provoked by airborne substances such as pollen, mold spores, cockroach waste, or pet dander



Asthma symptoms often occurs in response to a trigger.

Some of the triggers include:

Airborne allergens



Air pollutants and irritants



Respiratory infections



Certain medications



Physical activity



Strong emotions and stress



Weather



Sulphites and preservatives added to some types of foods and beverages.





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Revitalizing Lung Health: Stem Cell Therapy's Impact on Asthma

Stem cells, crucial for replacing damaged or diseased cells, continuously regenerate tissues and organs. Regenerative medicine harnesses their potential. Unlike other cells, stem cells both self-renew and differentiate into specialized cell types such as blood, nerve, and muscle cells. Specialized cells cannot replicate, making stem cells vital for replenishing them as needed in the body.

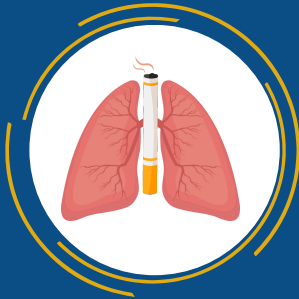
- Regenerates lung tissue, reducing asthma attacks and their duration.
- Increases resistance to colds and infections, reducing exacerbations.
- Modulates immune system responses, lowering asthma attack occurrence.
- Replaces damaged lung tissues to maintain health.
- Exhibits anti-inflammatory effects.
- Procedure involves extracting stem cells from bone marrow or adipose tissue, culturing them, then administering intravenously and/or via inhalation.
- Success rates in India range from 60-80%, varying based on condition, patient, and specialist.





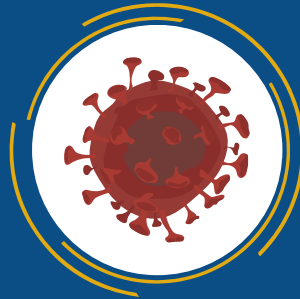
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Tobacco's Harmful Impact on Lungs



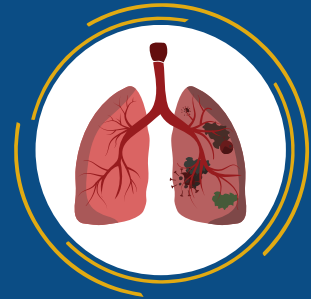
Tobacco's Toxic Trio:

Tar, nicotine, and carbon monoxide in tobacco smoke damage lung tissues, leading to inflammation and reduced lung function.



Cancer Connection:

Smoking tobacco is the primary cause of lung cancer, with carcinogens in tobacco smoke triggering genetic mutations that can lead to tumour formation.



Chronic Conditions:

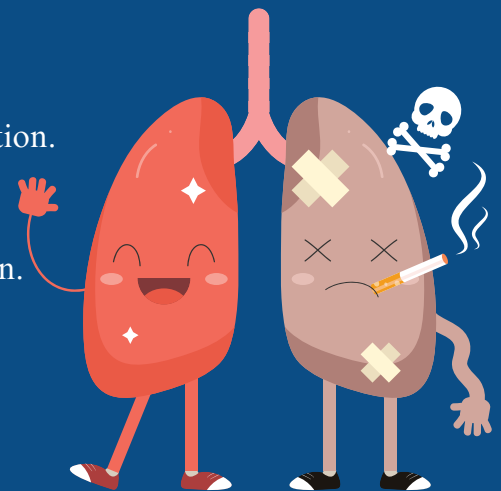
Long-term tobacco use increases the risk of chronic lung diseases like chronic obstructive pulmonary disease (COPD) and emphysema, impairing breathing and quality of life.

Smoking Cessation

Smoking cessation involves quitting tobacco use, offering numerous health benefits and improving overall well-being. Supportive resources, such as counselling and nicotine replacement therapies, can greatly increase success rates.

Quitting smoking brings several health benefits over time:

- 20 minutes: Lower blood pressure and pulse, improved circulation.
- 12 hours: Carbon monoxide levels normalize.
- 2 weeks to 3 months: Better blood circulation and lung function.
- 1 to 9 months: Reduce coughing and shortness of breath.
- 1 year: Half the risk of heart disease compared to smokers.
- 5 years: Half the risk of mouth, throat, or oesophagus cancer.





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