

# 14<sup>th</sup> World Cancer & Anti-Cancer Therapy Convention

November 21-23, 2016 Dubai, UAE

## Throat and lung cancers - Prevention and management through (exercise) expectorant therapies

Manikonda Prakash Rao  
Osmania University, India

**Background:** The objective of the paper is to create awareness among people about alternative and complimentary methods to protect themselves from Chronic Airway diseases including throat and lung cancers. The following changes take place in airways as a result of diseases: 1) Inflammation: It is a physiological process and plays the role of immunological defense against infection, injury or allergy. 2) Hyper secretion of mucus: It is one of the important clinical and pathological features of airway inflammatory diseases including throat and lung cancers. It is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent feature of inflammation. 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. Continued inflammation and mucus hyper secretion may significantly contribute to transformation of normal cells into cancer cells. 3) Broncospasm: is an additional factor in asthma patients. The three factors together cause breathlessness. Further, chronic inflammation and its prominent feature, hyper secretion of mucus are the fuses that ignite cancer. Without these factors, there cannot be inflammatory cell recruitment to the site of infection, injury or allergy. Continued presence of inflammatory cells or carcinogens may lead to cycles of tissue injury and repair resulting in carcinogenesis of airways. Therefore, treating these two factors is very important for airway integrity and to protect from airway diseases including throat and lung cancers. For resolution of the said factors, a rapid programmed clearance of excess mucus is necessary. As a result, the origin of it inflammation gets resolved. A little medicinal assistance may become necessary.

**Methods:** Exercises are important expectorant therapies. They are mucokineses and a recipe for healthy ageing. Exercises strengthen the remodeled airways and reset the biological ageing process. They are a) Upper airway passages cleansing Exercises: They help in cleansing 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) Bronchial airways cleaning exercises: c) 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 spreads 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 nasal passages and it can be blown out easily. The respiratory and other 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". There will be no scope for formation of lesions leading to carcinomas in the lungs and if already lesions are formed, treating them will become easy.

manikondaprakashrao@gmail.com

## Notes: