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## Lung cancers: Prevention and management through exercise interventions

**Manikonda Prakash Rao**  
International and Constitutional Laws, India

**Background:** The objective of the paper is to create awareness among people about alternative and complimentary methods to protect themselves from pathological changes in Lung Tissues which may lead to Lung Carcinomas. The following changes take place in airways as a result of Lung diseases 1) Inflammation 2) Hyper secretion of mucus: Is the result of goblet cell hyperplasia in respiratory mucosa and is a prominent feature of inflammation. It is a major pathological feature of diseases. Chronic mucus hyper secretion is a potential risk factor for an accelerated loss of lung function. It is a common feature in elderly. The thick viscous mucus in the Lungs will be conducive to pathogens. Continued inflammation and mucus hyper secretion may significantly contribute to Lung Lesions leading to carcinomas in the airway. 3) Bronchospasm Chronic mucus hyper secretion is a potential risk factor for an accelerated loss of lung function. It increases risk of hospital admission as a result of lower respiratory tract infections.

**Methods:** Exercise is a potent medication in history. 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: They are based on forced expiratory techniques. They help in draining out excess mucus from bronchial airways. 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 trachea 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 bronchial airways cleaning exercises help in draining out total mucus from airways. The respiratory and other diseases originating from its pathway come under control. Healthy ageing process commences. 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.

[manikonda2009@gmail.com](mailto:manikonda2009@gmail.com)