

An Overview on Life Threatening Diseases

Leonard Maria*

Department of Medicine, Dawn College of Medicine, Houston, Texas, USA

Description

Viral infections are a frequent cause of disease in individuals of all ages. In general, the spectrum of illness is varied; however, young children and those with suppressed or deficient immune systems are at higher risk of having severe disease. This chapter covers viral causes of entities commonly seen in the intensive care unit: myocarditis, hepatitis, pneumonitis, and meningitis/encephalitis. Whether it's a chronic or life-threatening illness like cancer, or a significant health catastrophe like a stroke, heart attack, or disabling injury, a serious health problem can interrupt all aspects of your life. Many significant health problems appear out of nowhere, throwing your life into disarray. You can feel numb, frozen by shock or the thought that you'll never be able to deal, or you might feel overwhelmed by waves of tough emotions ranging from anxiety and worry to great sadness, despair, and loss. The inner turmoil can make it difficult to perform or think clearly, and it can even result in mood disorders like anxiety and depression [1].

It can take time and a variety of tests and consultations before your medical team decides on an appropriate course of therapy after obtaining an initial diagnosis or experiencing a catastrophic health event. As you wait for a clearer picture of what your road to recovery may include, it's tempting to grow nervous. However, scouring the Internet for material that is often wrong or frightening will only make you feel worse. When you're confronted with a lot of unknowns, you can still take care of yourself by eating a good diet, exercising regularly, and getting enough sleep, as well as pursuing the relationships and activities that bring you joy [2].

No one would ever consider having a heart attack or being diagnosed with cancer as having any positive outcomes. However, it is possible. Some people who are diagnosed with life-threatening illnesses experience a shift in perspective that helps them focus on the vital aspects of their lives—the things that give them meaning and purpose. Negative emotions like wrath or guilt can sometimes be beneficial, driving you to achieve treatment goals, for example.

Maintaining an open mind will assist you in finding the positives and coping emotionally in even the most difficult situations. It can take time and a variety of tests and consultations before your medical team decides on an appropriate course of therapy after obtaining an initial diagnosis or experiencing a catastrophic health event. As you wait for a clearer picture of what your road to recovery may include, it's tempting to grow nervous. However, scouring the Internet for material that is often wrong or frightening will only make you feel worse. When you're confronted with a lot of unknowns, you can still take care of yourself by eating a good diet, exercising regularly, and getting enough sleep, as well as pursuing the relationships and activities that bring you joy.

When you're dealing with a life-threatening illness, you may feel isolated and alone, even from people closest to you. You might believe that no one

else understands what you're going through. Perhaps those around you are attempting to be so upbeat that you are unable to open up and convey your true feelings. Perhaps you're concerned that talking openly about your feelings would make you a burden to others. Whatever your circumstances, this is not the time to go into hiding. When you're dealing with the stress of a significant medical condition, social support can be extremely beneficial to your mental health. In addition to offering practical assistance, such as driving you to medical appointments or assisting you with financial matters [3-5].

Conclusion

A support group can be a secure place to talk about your troubles and obtain advice from others who are dealing with similar medical issues. Don't be discouraged if you don't connect with the first group you try; it may take a few tries to discover the one that works best for you. Many disease-specific groups can connect you with someone who has dealt with a similar medical issue. You can get one-on-one help from someone who has been through what you're going through, whether it's in person, online, or over the phone. When you choose someone to confide in, look for someone who is a good listener—someone who will listen attentively and compassionately without being distracted, judging you, or trying to change your mind.

Conflict of Interest

None.

References

1. Van Rhijn, Norman and Michael Bromley. "The consequences of our changing environment on life threatening and debilitating fungal diseases in humans." *J Fungi* 7 (2021): 367.
2. Simurda, Tomas, Rosanna Asselta, Jana Zolkova and Monika Brunclikova, et al. "Congenital afibrinogenemia and hypofibrinogenemia: Laboratory and genetic testing in rare bleeding disorders with life-threatening clinical manifestations and challenging management." *Diagnostics* 11 (2021): 2140.
3. Wildwing, Tamar and Nicole Holt. "The neurological symptoms of COVID-19: A systematic overview of systematic reviews, comparison with other neurological conditions and implications for healthcare services." *Therap Adv Chronic Dis* 12 (2021): 2040622320976979.
4. Badraoui, Riadh, Mousa M. Alrashedi, Michele Veronique El-May and Fevzi Bardakci. "Acute respiratory distress syndrome: A life threatening associated complication of SARS-CoV-2 infection inducing COVID-19." *J Biomol Structure Dynamics* 39 (2021): 6842-6851.
5. Meng, Qingye, Ying Sun, Hailin Cong and Hao Hu, et al. "An overview of chitosan and its application in infectious diseases." *Drug Delivery Translat Res* 11 (2021): 1340-1351.

*Address for Correspondence: Leonard Maria, Department of Medicine, Dawn College of Medicine, Houston, Texas, USA, E-mail: leonardmaria@gmail.com

Copyright: © 2022 Maria L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 04 April, 2022; Manuscript No. JGPR-22-66018; Editor Assigned: 05 April, 2022, PreQC No. P-66018, Reviewed: 16 April, 2022; QC No. Q-66018, Revised: 21 April, 2022, Manuscript No. R-66018; Published: 28 April, 2022, DOI: 10.37421/2329-9126.22.10.448

How to cite this article: Maria, Leonard. "An Overview on Life Threatening Diseases." *J Gen Prac* 10 (2022): 448.