STUDY OF ENVIRONMENTAL PATHOLOGIES AND ACUTE RESPIRATORY DISEASES

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Abstract: *This article describes the impact of environmental factors on human health and the resulting pathological conditions. The mechanisms of action of physical, chemical, biological and hygienic factors harmful to the body and their consequences are described. Also, the occurrence of diseases associated with environmental risk factors is shown on the example of atmospheric pollution, chemical contamination of water and soil, and the diseases caused by them.The article also provides information on common acute respiratory diseases, such as influenza, parainfluenza, adenoviruses, rhinoviruses, and coronaviruses, which cause inflammation in the upper respiratory tract and throughout the body. The article describes the clinical signs of acute respiratory infections, such as rhinitis, pharyngitis, laryngitis, tracheitis, and bronchitis, as well as symptoms such as fever.*

Keywords: *Hygiene, ecology, adenovirus, parainfluenza, acute respiratory diseases, rhinoviruses, environment.*

Introduction

Pathological conditions caused by environmental influences include various diseases associated with sanitary-hygienic, ecological and sanitary problems, including respiratory and cardiovascular diseases.oncological, sweating and neurological diseases. These conditions can be caused by air pollution, water pollution, poor food quality, radiation, noise and exposure to chemicals. Diseases caused by adverse environmental effects: Respiratory diseases. Air pollutants such as dust, smoke and gases cause a high incidence of bronchitis, asthma, pneumonia and breast cancer. Cardiovascular diseases. Air pollution, especially with fine particles, can lead to the development of heart attacks, heart failure and arterial blood pressure diseases.Cancer. Certain chemicals and radiation can affect the body, increasing the risk of developing cancer. Sweating and allergic diseases. Environmental pollutants can affect the skin, causing eczema, allergies, and other skin diseases. Neurological disorders. Conditions such as muscle weakness, neurological disorders, and memory impairment can result from exposure to certain chemicals and heavy metals. Waterborne diseases: Intestinal infections, intestinal diseases, and other diseases are transmitted through contaminated water.

Main part

Acute respiratory infections are infectious diseases caused by viruses. They are associated with damage to the mucous membrane of the respiratory tract (nose, pharynx, larynx, bronchi), conjunctiva. This is more common in children. The pathogens of acute respiratory infections are adenoviruses, parainfluenza viruses, rhinoviruses, etc. Acute respiratory infections are transmitted from a sick person. The viruses that cause the disease enter the upper respiratory tract (nose, larynx), penetrate the outer epithelial cells of the

mucous membrane and destroy them, while some pathogens die and release toxic substances.(endotoxin) and poisons the body. It gets into the air and infects people around it. The disease can be transmitted through household items, dishes, towels, toys, etc. Adenovirus diseases: Adenoviruses are resistant to antibiotics and can be stored for a long time at low temperatures. They are killed by ultraviolet rays, formalin and 5% phenol solution. The disease occurs throughout the year. Adenoviruses that enter the body do not cause symptoms (incubation period) for 3-14 days (on average 5-7 days). Usually it begins gradually, the patient's condition worsens, signs of intoxication appear, body temperature rises, weakness, diarrhea, headache, nausea, sometimes vomiting may be observed. The disease can begin suddenly, like the flu. In some cases, a prolonged fever occurs when the body temperature rises, the eyelashes become red, the eyes water, and there is a sore throat when swallowing.There is a painful dry cough, hoarseness, difficulty breathing (voice changes). Sometimes gastrointestinal function is impaired (often liquid diarrhea). Patients are isolated at home from those around them. Of course, it is necessary to call a doctor and strictly follow his instructions. Adenovirus disrupts lung function in children (adenovirus pneumonia). The disease begins gradually, the body temperature rises to 37.2-37.5 degrees, there is a slight runny nose and cough. Then the mood quickly worsens, the body temperature rises to 38-39 degrees, the cough intensifies, breathing becomes difficult, vomiting is possible. Such children are treated in a hospital.Parainfluenza is caused by parainfluenza viruses, which lose their activity within 1-3 days at room temperature, but are well preserved at 0 degrees. The incubation period of the disease is 1-6 days. The disease begins with weakness, a slight runny nose and cough: the body temperature rises slightly, the voice decreases, the throat hurts, the patient coughs. In children aged 1-3 years, the eyelids narrow due to swelling (stenosis) of the mucous membrane, which where breathing suddenly becomes difficult and sounds become worse. Patients are treated under the supervision of a family doctor. In newborns and children under one year old, pneumonia and middle ear inflammation (otitis media) may occur. In such cases, children are treated in a hospital. Rhinoviruses are caused by rhinoviruses (nasal viruses). Diseases are rare, occur year-round, and there are no epidemics. The incubation period is 2–3 days. Weakness, a slight increase in body temperature, headache, yellow-green mucus and bubbles from the nose, and cough are observed. Young babies are susceptible to this disease, and the disease is severe in their body.

Conclusion

Proper care for patients with acute respiratory diseases at home is important to prevent exacerbations of the disease and ensure the patient's faster recovery. Placing the patient in a separate room, regularly ventilating the room, maintaining cleanliness of bed and clothing reduces the spread of infection. Wearing a mask by family members increases epidemiological safety.

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