

THE ISLAMIA UNIVERSITY OF BAHAWALPUR

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- ❖ **ROLL NUMBER: 14**
- ❖ **SEMESTER : 6TH**
- ❖ **SUBJECT: HEALTH PSYCHOLOGY**

SUBMITTED TO

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chapter 11

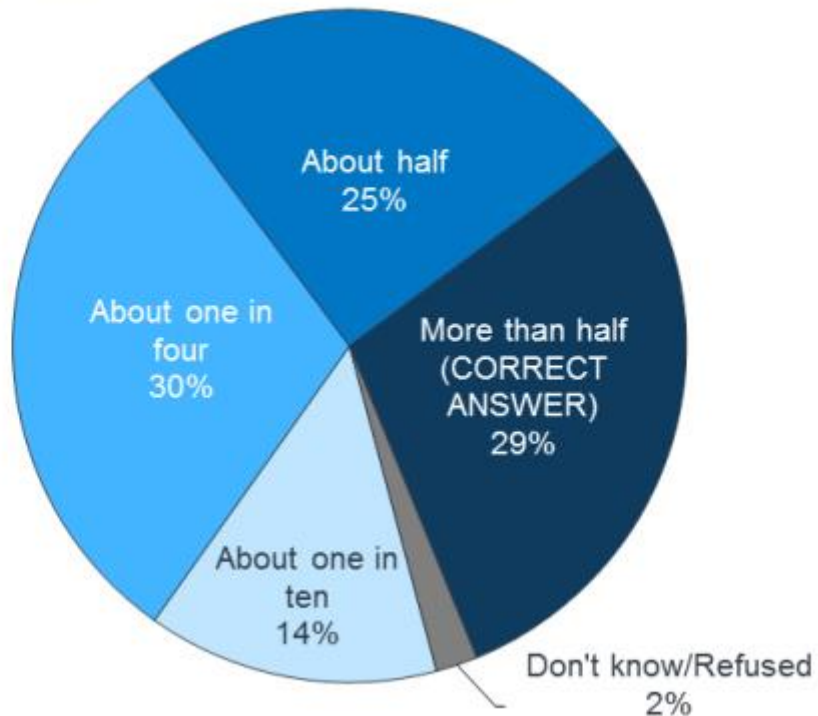


LIVING WITH CHRONIC ILLNESS

➤ THE IMPACT OF CHRONIC DISEASE

- The patterns of death and disease in US have changed during the past 100 years.
- Acute diseases such as pneumonia and influenza were among leading causing death.
- But today chronic heart disease and cancer have replaced acute disease on the list.
- Crisis theory states that every individuals need to operate in state of equilibruim.

How many individuals do you think live with a chronic disease in the U.S?



➤ IMPACT ON THE PATIENT

- All patients must cope with their illness, which includes dealing with the symptoms of the disease.
- Chronic diseases differ in their impact not only in severity but also in how much they disrupt patients' lives.
- Major impact of chronic illness on patients is on their thinking; diagnosis of a chronic disease changes self-perception.

- Diagnosis of a disease such as cancer or HIV changes people lives.
- Negative emotions are common in behavior of chronic patient.
- For many chronic illnesses,health psychologists have created interventions that emphasize the management of emotions.

Effects of Illness

Privacy

Autonomy

Financial burden

Life-style

Family and significant others



➤ IMPACT ON THE FAMILY

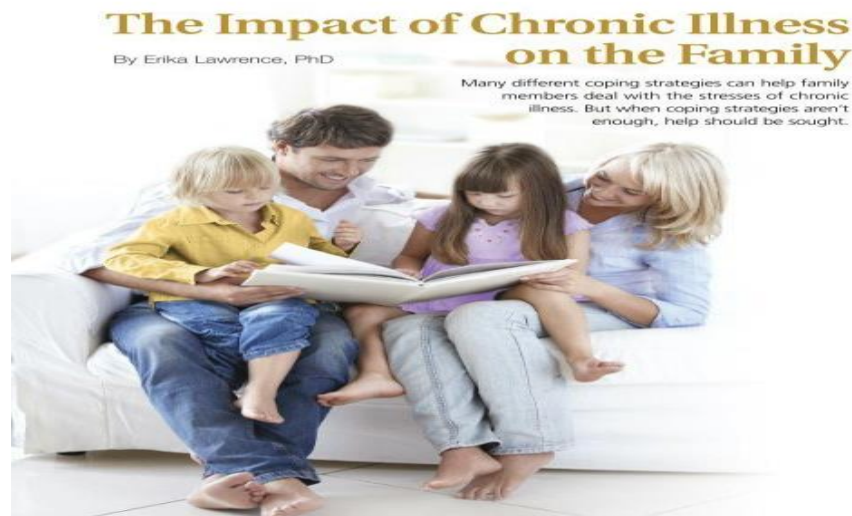
- Illness is a crisis not only for the patient but also for their families.

- EXAMPLE:

- ✓ Sylvia illness , she became unable to live alone .

Brenda realized that her mother needed constant care and vigilance. story was that Sylvia wanted to steal her mom money . She became increasingly angry with Brenda, her caregiver complained to her husband that women is mean to me.

- The relationship between married partners often undergoes changes when one of them develops a chronic illness.
 - chronic ill parents can also experiences changes that produce problems in their relationships with their young children.
 - In adults the changes that comes with illness can alter their relationship and redefine their identity, but for children who are sick can be an important factor in their identity formation.



➤ ADJUSTIN TO DIABATIES

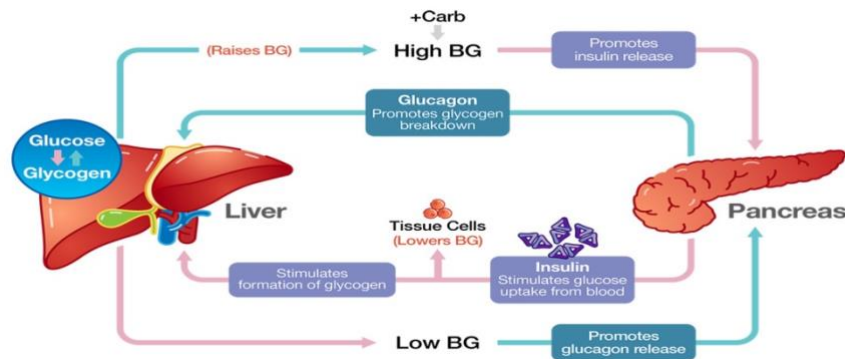
- Dawn was diagnosed with diabetes mellitus, since she was 4 years old.
- she remembers being ostracized by other children during elementary school.



she was afraid of playing with other children and other children were also afraid of her.

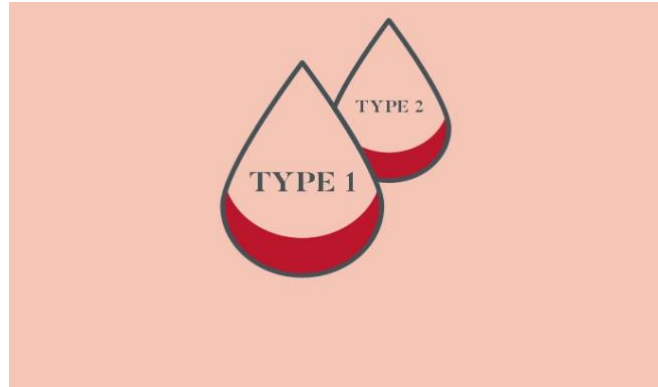
- She hide her conditions in junior high and high school.

■ THE PHYSIOLOGY OF DIABETES



- Pancreas, located below the stomach produce different types of secretions.
- The islet cells of the pancreas produce several hormones.
- 2 hormones GLUCAGON and INSULIN.
- GLUCAGON : stimulates the release of glucose and elevate blood sugar levels.
- INSULIN: is the opposite. Decrease the level of glucose in blood by causing tissues cell membranes to open so glucose can enter the cells more freely.
- Disorder of islet cells cause difficulties in sugar metabolism.

■ TYPES



1. INSULIN – DEPENDENT DIABETES
(IDDM)

2. NONINSULIN-DEPENDENT DIABETES
MELLITUS (NIDDM).

- also known as type 1 and type 2 diabetes.

▪ THE IMPACT OF DIABETES

- produce impact on patients for 2 reasons.
- ❖ 1. emotional reaction having life long incurable disease.
- ❖ 2. if diabetes occurs in young childhood then it comes to loss of health in child.

- noninsulin-dependent (type 2) diabetes often does not require insulin injections.
- Dawn deny the seriousness of her condition until she was age 22.
- She was experienced kidney failure and after that kidney transplant.

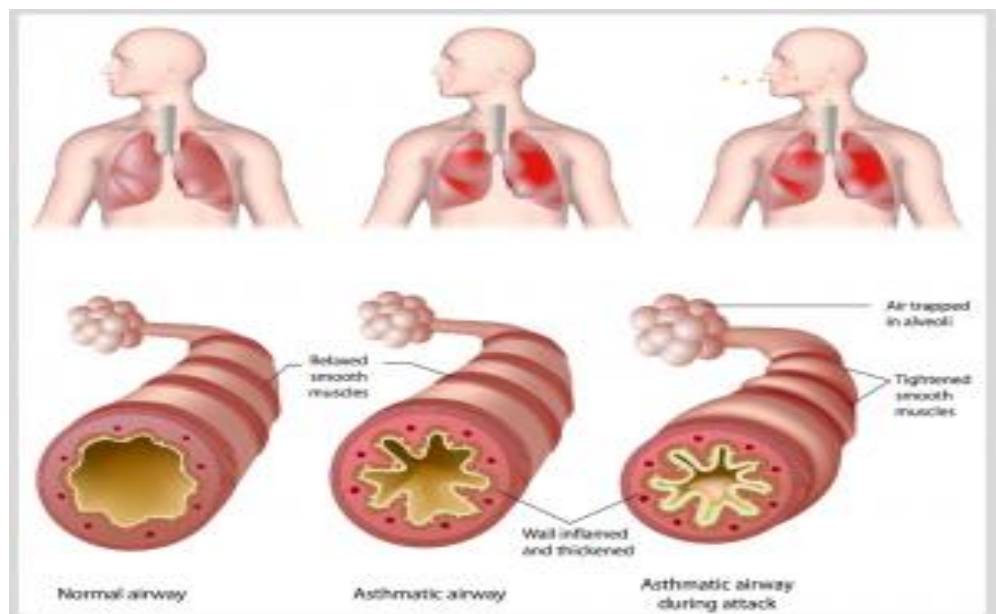
▪ **THE IMPACT OF ASHTMA**

- The number of people with asthma grew throughout the 1980s and into the 1990s in the US but began to decrease by the late 1990s.
- About 10% of adults in the US have ashtma , but the rate in the highest for children adolescents between 5 and 17 years old.
- EXAMPLE: sean miller and his friends in climb 4 air reached the summit of mt.kilimanjaro coughing, wheezing and having difficuiltly in breathing. Their experience was not unusual for climbers or

for the group they climbed to benefit people with asthma.

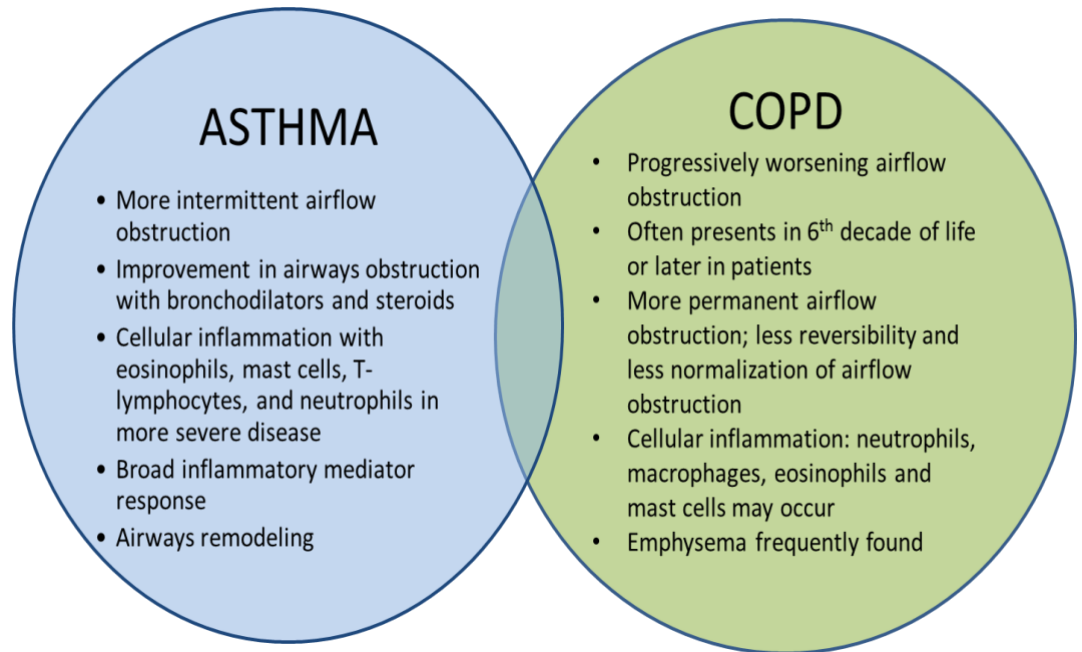
■ THE DISEASE OF ASHTMA

■



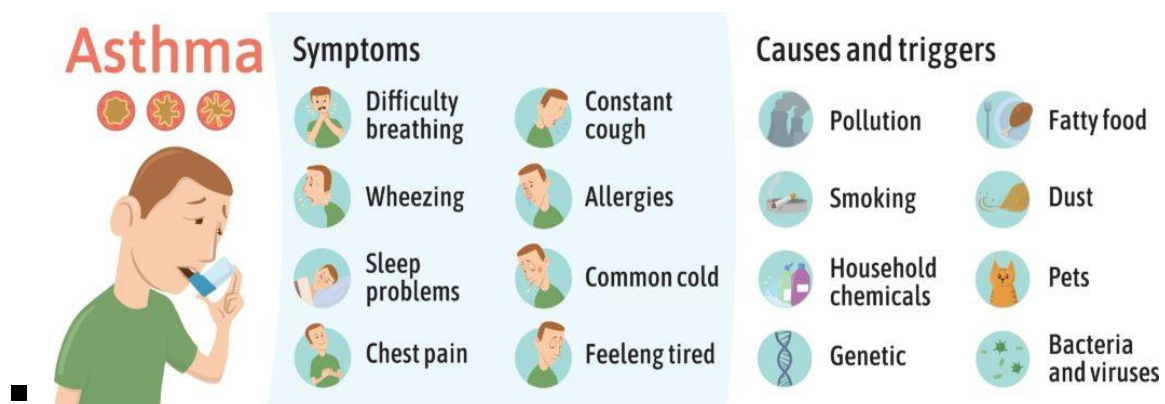
- Asthma is a chronic disease that cause constriction of bronchial tubes.
- preventing air from passing freely.
- people experiencing an asthma attack will wheeze,cough,and have trouble breathing.
- they may can die do to attack, but sometimes others can be fine.

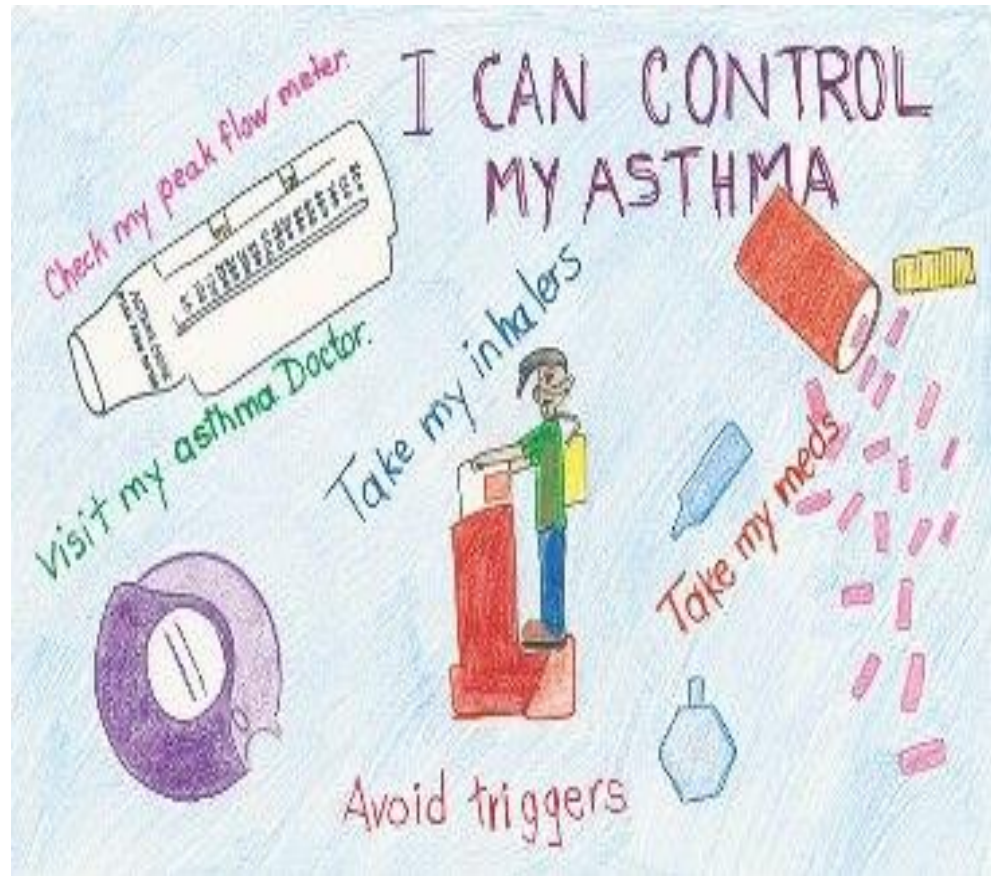
- asthma share some features with chronic obstructive pulmonary disease (COPD).



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- EXAMPLE: united states, Sweden, Australia ,china, new Zealand is less common in asthma.

■ MANAGING ASHTMA





- managing asthma requires a variety of medications as well as learning personal triggers avoiding them.
- to decrease the chance of attacks , use an anti-inflammatory corticosteroid.
- this decrease the respiratory inflammation.

■ DEALING WITH HIV & AIDS

Acquired immunodeficiency syndrome (**AIDS**) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By

damaging your immune system, HIV interferes with your body's ability to fight infection and disease. Feb 13, 2020

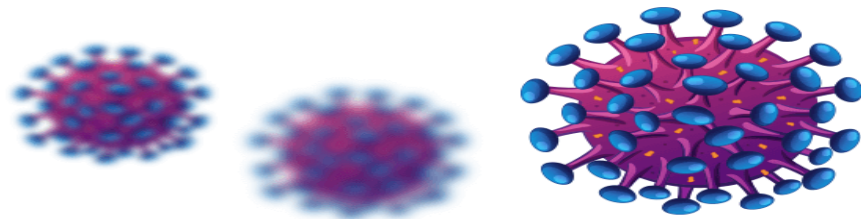
- **Symptoms:** Fatigue; Weight loss; Forgetfulness etc

■

WHAT IS HIV?

Human Immunodeficiency Virus (HIV)

is a virus that attacks cells that help the body fight infection.



There's no cure, but it is **treatable** with medicine.



■

AIDS BY THE NUMBERS 2018

37.9

people living with HIV

23.3 million

people living with HIV
accessing treatment

1.7 million

new HIV infections

4 out of 5

people living with HIV knew their status

770,000

AIDS-related deaths

4 out of 5

people who knew their status were
accessing treatment

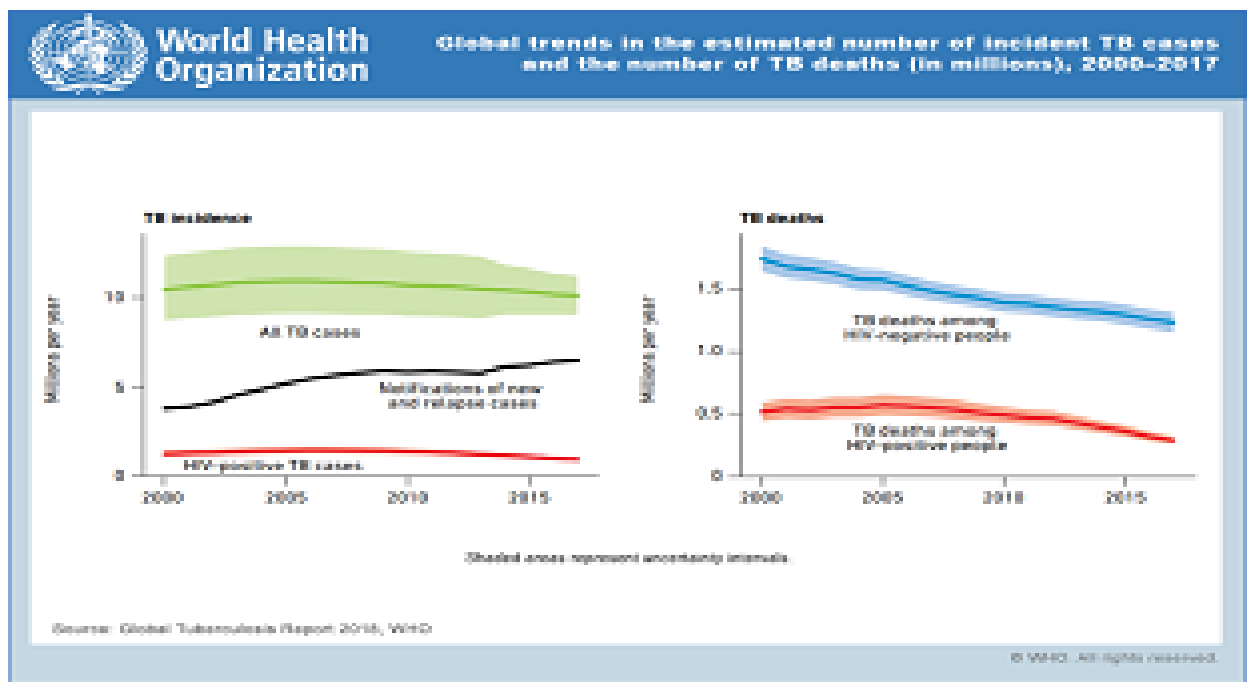
41 %

reduction in new HIV infections among
children since 2010

Source: UNAIDS , 2019

■

■ INCIDENCE & MORLARTY RATES FOR HIV/ AIDS



- it was first tested on chimpanzees in Africa .
- but later on its prove that it is just effected in human.

➤ LIVING WITH ALZHEIMERS DISEASE

- The most common early symptom of Alzheimer's is difficulty remembering newly learned information.

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing.

- The most common early symptom of Alzheimer's is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation, mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; more serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.
- People with memory loss or other possible signs of Alzheimer's may find it hard to recognize they have a problem. Signs of dementia may be more obvious to family members or friends. Anyone experiencing dementia-like symptoms should see a doctor as soon as possible. If you need assistance finding a doctor with experience evaluating memory problems, [your local Alzheimer's Association](#) can help. [Earlier diagnosis](#) and intervention methods are improving dramatically, and treatment options and sources of support can improve quality of life. Two helpful support resources you can tap into are [ALZConnected](#), our messages boards and online social networking community, and [Alzheimer's Navigator](#), a web tool that creates customized action plans, based on answers you provide through short, online surveys



RISK FACTORS FOR **ALZHEIMER'S** DISEASE



BEING OLDER THAN 65



A FAMILY HISTORY OF THE DISEASE



INHERITING GENES FOR THE DISEASE
FROM YOUR PARENTS



EXISTING MILD COGNITIVE IMPAIRMENT



DOWN SYNDROME



UNHEALTHY LIFESTYLE



PREVIOUS HEAD TRAUMA



BEING SHUT OFF FROM A COMMUNITY
OR HAVING POOR ENGAGEMENT WITH
OTHER PEOPLE FOR EXTENDED PERIODS OF TIME