

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



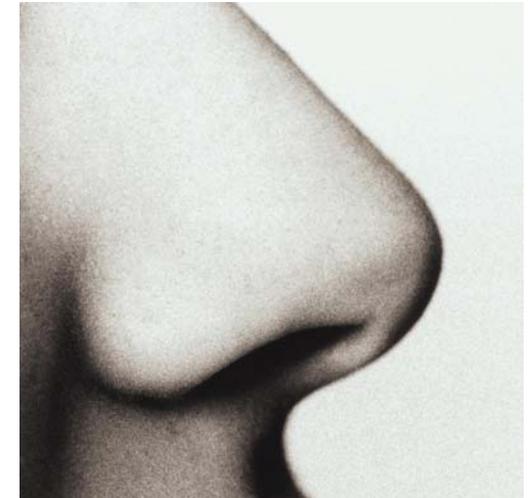
Health Education Library For People

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HEALTH EDUCATION LIBRARY FOR PEOPLE

Nose



**LET'S HELP
ERADICATE
IGNORANCE**

Nose



Whether it's large or small, button-like or beak-like, your nose is important to your health. It filters the air you breathe, removing dust, germs and irritants. It warms and moistens the air to keep your lungs and tubes that lead to them from drying out. Your nose also contains the nerve cells that help your sense of smell. When there is a problem with your nose, your whole body can suffer. For example, the stuffy nose of the common cold can make it hard for you to breathe & sleep. In an adult, 18,000 to 20,000 liters of air pass through the nose each day.

Your Nose Protects Your Health By:

- Filtering all that air and retaining particles as small as a pollen grain with 100% efficiency.
- Humidifying the air that you breathe, adding moisture to the air to prevent dryness of the lining of the lungs and bronchial tubes.
- Warming cold air to body temperature before it arrives in your lungs.

For these and many other reasons, normal nasal function is essential.

Because the connection between the nose and lungs is so important, paying attention to problems in the nose--allergic rhinitis for instance – can reduce or avoid problems in the lungs such as bronchitis and asthma. Ignoring nasal symptoms such as congestion, sneezing, runny nose, or thick nasal discharge can aggravate lung problems and lead to other problems:

- Nasal congestion reduces the sense of smell.
- Mouth breathing causes dry mouth, which increases the risk of mouth and throat infections and reduces the sense of taste. Mouth breathing also pulls all pollution and germs directly into the lungs; dry cold air in the lungs makes the secretions thick, slows the cleaning cilia, and slows down the passage of oxygen into the blood stream.
- Ignoring nasal allergies increases the chance that you will develop asthma; it also makes asthma worse if you already have it.

Tips To Improve The Health Of Your Nose And Lungs:

- If your nose is dry, its various functions will be impaired. Clean your nose regularly to help maintain nasal health.
- Beware of over-the-counter nasal decongestant sprays; prolonged use of these sprays may damage the cilia that clear the nose and sinuses. Decongestants can become addictive and actually cause nasal congestion to get worse.

- Think of your nose when you're traveling. Air-conditioned cruise ships may have high levels of mold in the cabins. Airplane air is very dry and contains a lot of recirculated particles and germs; a dry nose is more susceptible to germs. Use saline nasal mist frequently during the flight, and drink lots of water.

Many problems besides the common cold can affect the nose. They include:



- Deviated septum - a shifting of the wall that divides the nasal cavity into halves
- Nasal polyps - soft growths that develop on the lining of your nose or sinuses
- Nosebleeds
- Rhinitis - inflammation of the nose and sinuses sometimes caused by allergies.

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