



INTERNAL DISEASES AND FIRST AID

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Introduction

Internal diseases, also known as *internal medicine conditions*, refer to illnesses that affect the internal organs of the human body. These include diseases of the heart, lungs, liver, kidneys, digestive system, and endocrine system. Understanding internal diseases is essential for diagnosis, treatment, and prevention.

First aid, on the other hand, is the immediate care given to a person who is injured or suddenly becomes ill before professional medical help arrives. It plays a critical role in saving lives, preventing complications, and promoting recovery.

What Are Internal Diseases?

Internal diseases involve disorders of vital organs and systems. They can be acute (sudden onset) or chronic (long-lasting).

Common Types of Internal Diseases

1. Cardiovascular Diseases

- Hypertension (high blood pressure)
- Heart attack
- Heart failure

2. Respiratory Diseases

- Asthma
- Pneumonia
- Chronic obstructive pulmonary disease (COPD)

3. Digestive System Diseases

- Gastritis



- Ulcers
- Liver diseases (hepatitis)
- 4. **Endocrine Disorders**
 - Diabetes mellitus
 - Thyroid diseases
- 5. **Kidney Diseases**
 - Kidney failure
 - Urinary tract infections

Causes of Internal Diseases

Internal diseases may be caused by:

- Infections (bacteria, viruses)
- Genetic factors
- Poor lifestyle (smoking, unhealthy diet, lack of exercise)
- Environmental factors
- Stress

Symptoms of Internal Diseases

Symptoms vary depending on the organ affected, but common signs include:

- Pain (chest, abdomen)
- Shortness of breath
- Fatigue
- Fever
- Nausea or vomiting
- Changes in weight

Diagnosis and Treatment

Doctors use different methods to diagnose internal diseases:

- Physical examination
- Laboratory tests (blood, urine)
- Imaging (X-ray, ultrasound, CT scan)



Treatment may include:

- Medications
- Lifestyle changes
- Surgery (in severe cases)

What Is First Aid?

First aid is the initial assistance given in emergencies such as injuries, accidents, or sudden illness. It aims to:

- Preserve life
- Prevent the condition from worsening
- Promote recovery

Basic Principles of First Aid

The key principles are often remembered as **ABC**:

- **A – Airway:** Ensure the airway is clear
- **B – Breathing:** Check if the person is breathing
- **C – Circulation:** Check pulse and control bleeding

Common First Aid Situations

1. Fainting

- Lay the person flat
- Raise their legs
- Ensure fresh air

2. Bleeding

- Apply pressure to the wound
- Use a clean bandage
- Elevate the injured area if possible

3. Burns

- Cool the burn with clean water
- Do not apply ice directly
- Cover with a sterile dressing



4. Fractures

- Immobilize the injured area
- Do not move unnecessarily
- Seek medical help immediately

5. Heart Attack

- Call emergency services
- Help the person sit calmly
- Loosen tight clothing

Importance of First Aid Knowledge

Knowing first aid is important because:

- It saves lives
- Reduces recovery time
- Prevents complications
- Helps in emergencies before doctors arrive

Prevention of Internal Diseases

Prevention is better than cure. Key measures include:

- Healthy diet
- Regular physical activity
- Avoiding smoking and alcohol
- Regular medical check-ups
- Stress management

Conclusion

Internal diseases affect millions of people worldwide and require proper medical attention. At the same time, first aid knowledge is essential for everyone, as it can make the difference between life and death in emergency situations. By combining medical knowledge with practical first aid skills, individuals can contribute to better health outcomes and safer communities.