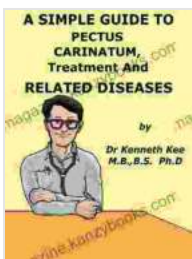


# Simple Guide To Pectus Carinatum Pigeon Chest Treatment And Related Diseases

Pectus carinatum, also known as pigeon chest, is a congenital chest deformity that causes the breastbone to protrude outwards. It is the second most common chest deformity, after pectus excavatum, and affects approximately 1 in 1,000 people.



## A Simple Guide to Pectus Carinatum (Pigeon Chest), Treatment and Related Diseases (A Simple Guide to Medical Conditions) by Kenneth Kee

★★★★☆ 4.5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 83 pages
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Pectus carinatum can be mild, moderate, or severe. In mild cases, the protrusion of the breastbone is barely noticeable. In moderate cases, the protrusion is more noticeable, but it does not cause any significant health problems. In severe cases, the protrusion can be severe and can cause difficulty breathing, heart problems, and other health problems.

The exact cause of pectus carinatum is unknown, but it is thought to be caused by a combination of genetic and environmental factors. It is more common in males than in females, and it can run in families.

There are a number of different treatment options for pectus carinatum, depending on the severity of the deformity. Treatment options include:

- **Observation:** In mild cases, pectus carinatum may not require treatment. The doctor may simply monitor the child's condition over time to see if the deformity gets worse.
- **Bracing:** Bracing is a non-surgical treatment option for mild to moderate cases of pectus carinatum. A brace is worn over the chest to help push the breastbone back into place. Bracing is typically worn for 12 to 24 hours a day for several months.
- **Surgery:** Surgery is the only treatment option for severe cases of pectus carinatum. Surgery is typically performed on children who are at least 6 years old. The goal of surgery is to remove the excess cartilage from the breastbone and to reshape the chest wall. Surgery is typically successful in correcting the deformity and improving the child's overall health.

In addition to the above treatment options, there are a number of things that patients with pectus carinatum can do to help improve their condition.

These things include:

- **Exercising:** Exercising can help to strengthen the chest muscles and improve posture. This can help to reduce the appearance of the deformity and improve overall health.

- Eating a healthy diet: Eating a healthy diet can help to maintain a healthy weight and improve overall health. This can help to reduce the strain on the chest wall and improve the appearance of the deformity.
- Getting enough sleep: Getting enough sleep can help to reduce stress and improve overall health. This can help to reduce the appearance of the deformity and improve overall well-being.

Pectus carinatum is a serious medical condition, but it can be effectively treated with a variety of different treatment options. With proper treatment, patients with pectus carinatum can live healthy and active lives.

## **Related Diseases**

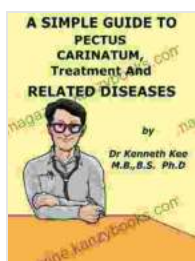
There are a number of other chest deformities that are related to pectus carinatum. These deformities include:

- Pectus excavatum: Pectus excavatum is a chest deformity that causes the breastbone to sink inwards. It is more common than pectus carinatum and affects approximately 1 in 400 people.
- Poland syndrome: Poland syndrome is a rare chest deformity that affects the development of the chest muscles and ribs on one side of the body. It can also cause other birth defects, such as missing or deformed fingers or toes.
- Sternal cleft: Sternal cleft is a rare chest deformity that causes the breastbone to be split into two parts. It can be present at birth or it can develop later in life.

These chest deformities can all be treated with a variety of different treatment options, depending on the severity of the deformity. Treatment

options for these deformities include bracing, surgery, and other non-surgical treatments.

Pectus carinatum is a serious medical condition, but it can be effectively treated with a variety of different treatment options. With proper treatment, patients with pectus carinatum can live healthy and active lives. If you or your child has been diagnosed with pectus carinatum, it is important to talk to your doctor about the best treatment options for you.



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