



Short Communication

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Book Review 'Physical Disability' (Malay Version)

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Written by Dr. John Shenkman, physical disorder is any type of disability or illness that makes one feel less fortunate than any other person. There is no doubt that we all have been ill from time to time due to sore throat or flu. This disease can also cause us not to go to school. However physical disabilities have a longer effect on the lives of their sufferers. Certain efforts must be made to deal with physical disability problems. Each human body consists of small units called cells that grow together to form skin, nerves, bones and others. All of these belong to a complex interconnected cell system. Each system relies on another system to function perfectly. Frames, muscles, blood, organs and nerves are all joined to make us function normally. If anything happens very seriously to one of the systems, a situation called a physical defect will occur.

Some physical disabilities can prevent a person from doing all the things that a perfect person can do. For example, we assume that all children will run, jump, sing, and have a lot of energy. But if a person suffers from physical disability, they will not be able to make normal things for most people. However, this does not mean that they should also be socially disadvantaged. Many people with disabilities who achieve unexpected success. Professor Stephen W. Hawking from the University of Cambridge can only move on wheelchairs for the last 20 years and cannot speak. However, he is a world leader in his field and with the help of his computer he lectures and writes books. Disability should not be a social defect. Those who suffer from disabilities with the community can work together to overcome barriers caused by the disability. Serious damage to any system such as bone and joints, muscles, circulatory system, nervous system and digestive system will result in the loss of some physical abilities. If the frame, joint or muscle is damaged, this will result in problems running, running, playing or climbing stairs. If the heart, lungs or blood circulation are damaged, one will not be able to make a heavy exercise as they will experience shortness of breath and rapid tiredness. Damage to the brain or the nervous system can change the way the brain controls the muscles, and thus can affect the body's movement. The digestive system

may also experience a disease that results in physical disability. This happens if the lining of the bowel or wound is caused by the disease, and the nutrients cannot be absorbed from the food.

Most physical disabilities are caused by damage to the nervous system of the body. To understand why this defect occurred, one should know how the nervous system works. Certain parts of the brain control the special function of the brain. Hearing, memory and vision are each part of each function. Cerebellum coordinates and smoothed our muscle movement. Brain like a computer that works to receive information from our entire body about what's happening in the outside world. It separates information that is widely accepted, at all times and sends a signal to the part of the body that performs the task and directs what needs to be done. Both initial information to the brain through sensory nerves and brain directions to the body via the motor nerve is transferred along the nerve as a small electrical impulse. Nerve cell disorders will destroy this communication line and may result in physical disabilities. Multiple sclerosis or usually named M.S. is a dangerous disease that attacks the nervous system. M.S. can be understood easily if we know how normal nerve impulses work in the body. In the M.S., the myelin membrane that encloses the threaded tube is damaged. When there is no membrane, nerve impulses cannot be transmitted. Healing may also occur, but scar tissue exists and interferes with nerve function. When this disease develops, it will affect the brain as well as the sensory and motor cells. This disease can cause the person to become seizures, lose vision, lose balance, irregular movement and bladder problems. Continuous damage over several years may result in severe physical disabilities. This disease takes a long time to heal and repetitive.

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Conflict of Interest

No conflicts of interest.