



# *Bronchitis*

# SYMPTOMS

- ▶ The normally sterile bronchi are invaded by bacteria and cellular debris. A cough is often present, and this serves as an essential mechanism for eliminating bronchial secretions. Chronic bronchitis is rare in childhood. It is characterized by swollen mucous membranes, tenacious exudates, and spasms in the bronchial muscles . Cigarette smoking is the main cause of chronic bronchitis. When tobacco smoke is breathed into the lungs, it irritates the bronchial tubes.



# CAUSES

- ▶ The inflammation associated with bronchitis may be acute or chronic, and it is usually caused by respiratory infections or physical agents like dust or allergens. The inflammation is rarely serious in children but may be a problem for infants or newborns. Especially tobacco smoke, dust, strong acid fumes, and volatile organic compounds, can trigger an attack. The disease causes thickening of the bronchi and a loss of elasticity in the bronchial tree.



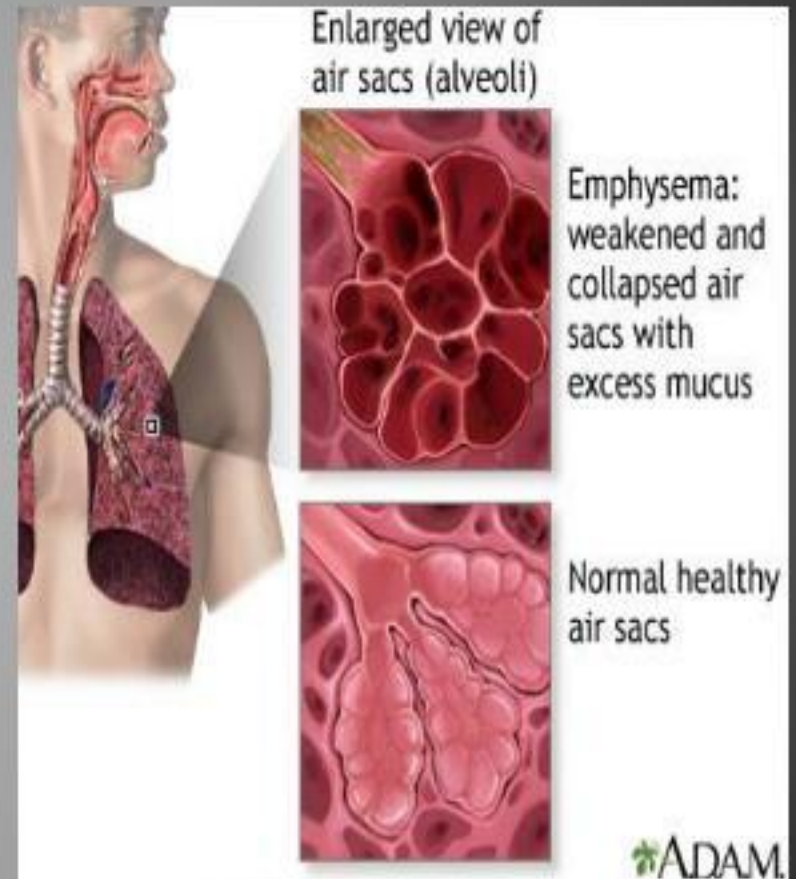
Inflamed  
primary and  
secondary  
bronchi



Acute bronchitis usually results from  
an infection such as a cold or flu

# HOW IT IS DIAGNOSED

- ▶ Your doctor may want you to have a test to find out if your lungs are damaged. In this test, you will breathe into a machine that measures the amount of air in your lungs. You also may need to have blood tests and a chest x-ray. If you smoke, the most important thing you can do is stop. The more cigarette smoke you breathe, the more it damages your lungs. If you stop smoking, you will breathe better, and your lungs will start to heal. Try not to breathe dust or chemical fumes. Wear a mask over your nose and mouth if you are working with paint, paint remover, varnish, or anything else with strong fumes.





# HOW IS IT TREATED

- Acute bronchitis is treated with bed rest and medication to look for the symptoms of inflammation. The room air should be kept humid. Inhalation of cool mist from a vaporizer and cough syrup sometimes give relief from the severe, painful cough.

All surveys have demonstrated a high percent of bronchitis in cigarette smokers when compared with nonsmokers, providing a good reason for people not to smoke. If you smoke, you should stop immediately and completely.

If your doctor suspects that you have developed a secondary bacterial infection, he or she will probably prescribe oral antibiotics, and you should make a full recovery within 2 weeks of starting treatment.

Cough vaporizer



Cough syrup



# RESULTS IN TREATMENT

- ▶ Some of the results is a decrease in coughing attacks and helps open airways to ease breathing, also reduces inflammation around the airways. This also results in less coughing of mucus or any mucus anywhere. You are eventually cured. It might expand your life in some way.

