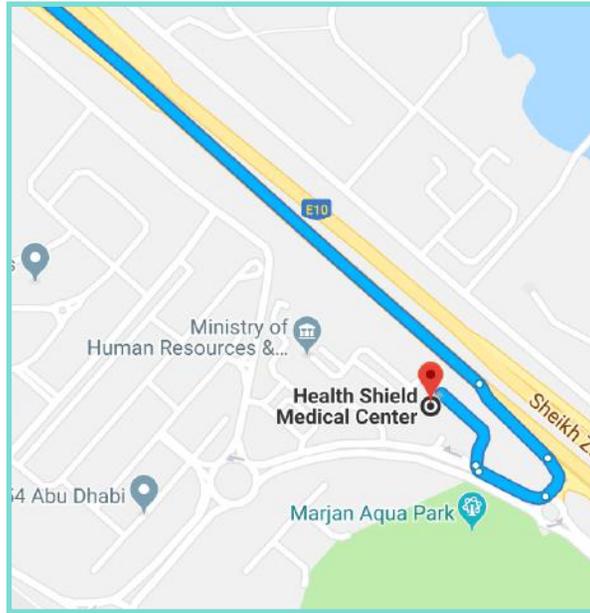


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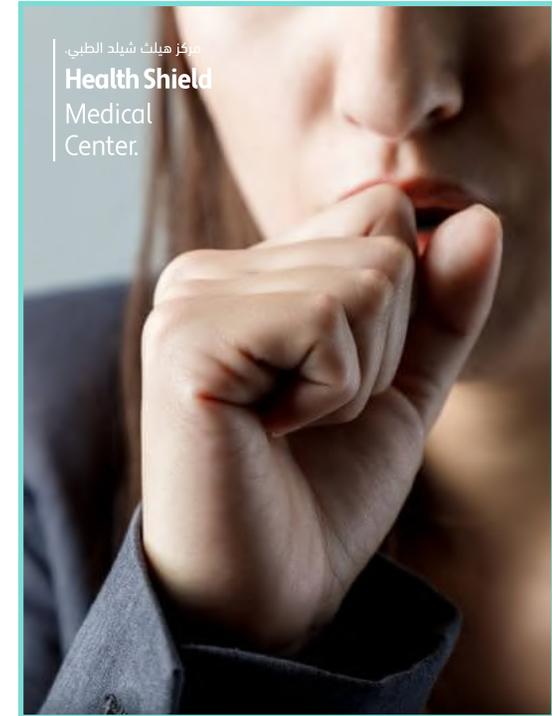


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A GUIDE TO Bronchitis



It is swelling of the lining of the large airways called bronchi in the lungs. This can block the air flow through the lungs and may damage the lungs.





CAUSES

- Bacterial or viral infections
- Smoking
- Air pollution
- Allergy to something in the air such as pollen
- Lung disease such as asthma or emphysema

Bronchitis is an inflammation of the bronchial tubes, the airways that carry air to your lungs. It causes a cough that often brings up mucus. It can also cause shortness of breath, wheezing, a low fever, and chest tightness. There are two main types of bronchitis:

Acute bronchitis lasts 2 to 4 weeks and can be treated.

Chronic bronchitis is a long-term disease of the lungs. It is one disease in a group of lung diseases called COPD or Chronic Obstructive Pulmonary disease.

The damage often gets worse over time and cannot be cured.



What are the Symptoms?



- A frequent cough
- Feeling tired
- Chest pain with coughing or deep breathing
- Noisy breathing
- Shortness of breath
- Body aches
- Fever or chills
- Sore throat
- Runny or stuffy nose

Treatment of Bronchitis:

Treatment may include **medicines** and **breathing exercises** to help you breathe easier. You may need **oxygen** if you have chronic bronchitis.

Your treatment may also include:

- Avoiding colds and the flu.
- Drinking a lot of liquids to keep mucus thin.
- Using a humidifier or vaporizer.
- Using postural drainage and percussion to loosen mucus from your lungs. You will be taught how to do this.

To Breathe Easier

- **Quit smoking.** The only way to slow the damage of chronic bronchitis is to quit smoking. It is never too late to quit.
- **Do not drink alcohol.** It dulls the urge to cough and sneeze to clear your air passages. It also causes your body to lose fluid, making the mucus in your lungs thicker and harder to cough up.
- Avoid what irritates your lungs such as air pollution, dusts and gases.
- Sleep with your upper body raised. Use foam wedges or raise the head of your bed.



Call your doctor right away if you:

- Have chills or a fever over 101 degrees F or 38 degrees C
- Need to use your inhalers or breathing treatments more often
- Have more mucus, the color changes, or becomes too hard to cough up
- Have a new or worsening gray or blue tint of your nails or the skin of your fingers or mouth
- Have trouble talking or doing your normal activities
- Have to use more pillows when sleeping or start having to sleep in a chair to breathe at night

Call 998 right away if you:

- Cannot get your breath
- Become confused, dizzy or feel faint
- Have new chest pain or tightness