

How To Win Your War Against Bronchitis

# HOW TO WIN YOUR WAR AGAINST **BRONCHITIS** SELECTED TIPS - 100 PAGES!



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## The Causes Of Bronchitis

Bronchitis is a condition in which you can have an illness that is both infectious and one that is noninfectious. In most cases, it is a virus that causes bronchitis to happen. This virus is generally the same type that causes a common cold to happen in most people.

On the other hand, bronchitis can also be a condition that is caused by the pollutants in the air that you breathe including from cigarette smoke. Smog and chemicals that are used to clean with are additional causes for bronchitis.

Another cause of bronchitis happens because of the acids that are normally found in your stomach backing up, literally, up into your gastro esophageal track. This is sometimes called GERD, or gastro esophageal reflux disease.

Some people that work in conditions that are not favorable for good, clean breathing also develop bronchitis. This type of bronchitis is known as an occupational bronchitis in which case the pollutants including dusts and/or fumes get into the breathing airways and cause illness.

Usually, when the person stops working there, or improves the breathing circumstances, their bronchitis symptoms also improve and often the irritation will stop.

The causes of chronic bronchitis are often a bit more drastic. If you have this condition, the walls of your bronchial tubes have become thickened and they are inflamed to such a degree that it is considered nearly permanent. When this happens, chronic bronchitis is evident.

Most with this condition must cough at least some time during each day to clear their throat. This is especially true of those that have chronic bronchitis due to their smoking habits. If you have to cough at least one time every day for at least three months of the year, you are considered to have chronic bronchitis.

Chronic bronchitis is often caused by smoking, but it's not the only time that you can get it. You can also get chronic bronchitis from air pollution that is severe or toxic gasses that are in the area in which you work.

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Those that suffer from chronic symptoms of bronchitis often develop asthma because of it. This is caused by the long term inflammation of your air passageways. In any case, it is essential that you get help from your doctor in dealing with your condition. Those that are suffering from chronic bronchitis have a very serious illness to consider.

## Seeking A Doctor's Help For Bronchitis

Depending on the type of bronchitis that you have and its severity determines if you should seek help from a doctor for it. We've talked about when you need to seek a doctor's help in the last chapter. But, what happens when you go to visit your doctor?

To determine if you have bronchitis, your doctor will likely listen to your chest. This helps him to determine what is happening inside by listening for mucus build ups. In addition, he or she may also do a chest x-ray which will show the inflamed and enlarged air passageways that are likely the problem.

Some doctors will also want a sample of the mucus to determine what type and how much bacteria are in your system. The sample will consider the amount of bacteria found in the sputum when you cough.

Those that are suffering from chronic bronchitis are likely to have additional testing to insure that that is what you are suffering from.

The doctor will do a series of tests that will take into account your symptoms for conditions such as asthma and emphysema. To do this, a pulmonary function test which is also called a PFT will be used. During this test, you are told to blow into a device which is called a spirometer. This determines how much volume of air your lungs have after you take a deep breath and have blown it out.

The test is simple and takes just a minute to perform. It causes you no pain at all. In fact, if you have had bronchitis several times in the past year, ask your doctor to perform a pulmonary function test to help to determine if there is a possibility of facing chronic bronchitis.

Generally, from these tests, your doctor will be able to rule bronchitis or not. If you are diagnosed with it, the next step will be to treat it, and if treatment is even needed in your case. Doctors will determine the level of severity as well as the likeliness of treatment that you need.

If your doctor determines that you have asthma, or that your chronic condition is likely to develop asthma, then he or she may recommend additional treatment for your condition. Those

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that are diagnosed with asthma will need an inhaler and sometimes additional asthma medications.

These products have the goal of reducing the amount of inflammation in your air passageways as well as open them up to allow for better passage to your lungs. This type of medication can be vitally important to those suffering from asthma.

From looking at your test results and listening to your lungs, your doctor will determine the right type of treatment for your condition. Usually in cases of acute conditions, this treatment is simply rest and fluids.

Yet, in the cases of chronic conditions, it is all the more important to provide you with the help you need through additional medication. Without this medication, your condition can worsen into a life threatening condition such as pneumonia.

## What Can Happen If You Don't Get Treatment

Although for most people bronchitis does not lead to anything more than a few days in bed and perhaps a bit of weight loss, for some it can lead to problems and complications that can span a lifetime.

Acute bronchitis is the least likely to do this. This is the type of bronchitis that follows a cold or other respiratory condition and usually requires very little to no prescription medication or even a doctor's visit. Yet, this is not the only type that should be considered.

In some people who are more prone to difficulties from illnesses, one single case of bronchitis, even acute bronchitis can lead to complications. For example, in some older people, this type of bronchitis can lead to pneumonia.

Those that have additional health concerns such as those that are smokers can also get to this point. In addition, infants and the elderly have naturally weaker immune systems and they too are more likely to experience problems with complications.

In these cases, individuals will need to seek medical attention so that the bronchitis can be monitored as well as treated with any type of medication that can be used. In those that have severe cases, hospitalization may be required to help.

For some individuals, bronchitis happens often. This is what is called chronic bronchitis. In these individuals, the bronchitis may not go away, but may lessen in its severity. When this happens, individuals need to be aware of it and seek the help that's needed as soon as possible.

Chronic bronchitis is a serious health condition that can lead to or even tell you that there is something else wrong with the body.

For example, chronic bronchitis can be an indication that you are suffering from asthma or lung disorders. In fact, those that do suffer from chronic bronchitis are more likely to end up with lung cancer than those that do not. Lung cancer is one of the leaders in death among people that smoke for long periods of time.

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Remember that you don't have to smoke yourself to be a victim of what smoke can do. Just being exposed to it over long periods of time puts you at risk.

Chronic bronchitis is also a condition which affects your quality of life. You can't do the things that you like to do without suffering from breathlessness. You cough all of the time and your chest hurts. You are sick to more extreme levels when a cold just brushes by others.

These things can cause you to feel sick all of the time. That lessens your quality of life and makes you emotionally drained at the same time. Although this is only an additional part of the condition to deal with, it still bothers people enough to make a difference.

## Chronic Bronchitis And Emphysema

If you are suffering from chronic bronchitis and/or emphysema, acute bronchitis seems like nothing more than a cold. This condition is one in which severity is a serious issue for your well being.

Chronic bronchitis is a lung disease. It, along with emphysema, is known as COPD, or chronic obstructive pulmonary disease. This condition is one that refers to the obstruction of the air passageways that stops you from breathing normally. You can have both emphysema and chronic bronchitis at the same time. Here are some facts you should know about chronic bronchitis.

1. COPD claims some 122,000 deaths each year in the US, as claimed by a study done in 2003. It is one of the leading causes of death.

2. The largest risk factor in patients that get COPD is that of smoking. 80 to 90 percent of those that suffer from this condition will be smokers. 90 percent of them will die from it because they smoked.

3. Female smokers are more likely to get COPD than men are.

4. If you are a victim of air pollution, second hand smoke, or have a history of infections of the respiratory system, you have an increased risk of getting COPD.

5. 19 percent of those that suffer from COPD will get it from their work environment.

It is estimated that some 11 million people in the United States alone have chronic bronchitis or emphysema yet many more are believed to suffer from it but are under diagnosed by it. In the population of aged Americans, of a frightening 700,000 hospital discharges, 70 percent of them were in people that are over the age of 65 (in 2004) showing the real risk that this condition poses to those that are older.

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Those that suffer from chronic bronchitis start by having an inflammation of their bronchial tubes. These are your air passageways, remember and therefore are very important to be clear so that air can move easily in and out of them allowing you to breathe.

During your initial bouts of chronic bronchitis, your symptoms are the same as those that a person with acute bronchitis will face. There is a heavy discharge of mucus from your coughing and the cough itself is a tell tale sign of chronic bronchitis.

One thing that your doctor's will determine is if there is something else wrong that could possibly be causing your bronchitis in the first place. Some will have additional conditions like asthma that can lead to this problem. But, when there are no underlying causes, bronchitis can be labeled as the cause of your illness and then treated as such.

When you have a bronchitis bout, your bronchial tubes become inflamed and swollen. Each time that this happens, the lining of those tubes becomes scarred. Over time, the more irritation that happens the more excessive mucus production will become. Your tubes lining will become thickened because of the scarring.

As this happens, your cough becomes more and more troublesome. The excessive mucus and the scarring lead to problems with air flow. You can't breathe as easily as you did. Still, the progression worsens so that your lungs become scarred themselves.

## The Lifestyle Changes That Are Necessary

If you are suffering from chronic bronchitis, there are necessary lifestyle changes that will in fact save your life. If you plan to continue to worsen, keep doing what you are doing now. If you want to improve your health, you have to make very important yet very difficult decisions. There's no easy way around it. Unfortunately, giving up some of your freedoms will improve your chances of surviving what chronic bronchitis will do to you.

Through a few changes in your lifestyle, you will increase your longevity. You will not add a more punishment to the condition that you are already facing. What's more is that you give your body the chance to improve some of the damage that's been done to you.

You knew we were going to say it, but smoking is the cause of your chronic bronchitis and therefore you simply must stop doing it. This is the hardest part of the process of improving your lifestyle in the hopes of prolonging your life.

If you continue to smoke, you continue to add damage to your lungs and your bronchial tubes, worsening your condition, pushing you farther and faster through the stages of chronic bronchitis and ultimately shutting off your oxygen supply completely.

If you stop smoking, you stop adding additional damage to your lungs. You slow the progression of the disease significantly and, in some case, your body can repair some of the damage that has been done. Although the most difficult decision that you have to make, it is the one that will have the most significant difference in the life of a person suffering from chronic bronchitis.

The good news is that there is quite a bit of help to the smoker today that can aid them in improving their chances of stopping this habit.

Smoking, including that of cigarette smoke and even marijuana smoking damages the lungs and is one of the general causes of chronic bronchitis.

If you work in an area that the air quality is poor, then you need to improve this quality or stop working there. Chronic bronchitis can be brought on by the air that you breathe if it is not as clean as it should be.

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Chemicals in the air as well as pollutants can do the same damage as smoking does. Therefore, you need to take into consideration the need for improvement of the air quality that you breathe.

If the air that you breathe is not healthy, then improvement is necessary. Remove contaminants that are in the air. Reduce the use of chemicals that can also cause pollution. If this is your work environment, speak to your supervisor about moving to a more clean air area. In addition, contact your human resource manager about your rights for clean air in the work place.

## **Acute Bronchitis: Knowing About The Different Signs And Symptoms**

Many people suffer from a variety of respiratory disorders. It is important that your respiratory system remains in a healthy condition. Many people ignore the early signs of a respiratory disorder, as a result of which they are unable to control a condition that can later become chronic and lead to disability. For example, acute bronchitis, when neglected, leads to chronic bronchitis, a condition that causes severe, irreversible damage to your respiratory system and leaves you disabled for life. Therefore, updating your knowledge about bronchitis and its various signs and symptoms is of utmost importance. Neglect of this condition could lead to a medical as well as a personal disaster.

### **What is Acute Bronchitis?**

Acute bronchitis is a disease of the respiratory system caused due to viral infection of the bronchial tree. In some cases, the infecting agent is a fungus. Usually, people mistake this condition to be common cold and underestimate the seriousness of it. This is the common reason why most people tend to ignore bronchitis.

Children and infants are easy prey for this condition because their immune systems are still in the growing phase and are not that well-equipped to battle the virus. Bronchitis also affects tobacco smokers and those who reside in highly polluted cities.

### **Treatment for Bronchitis**

If the condition is acute bronchitis caused by a virus, it does not require any special treatment. All that you need to do is rest and relax as much as possible and drink plenty of fluids such as water and the juices of fruits and vegetables. If you or someone at home is suffering from bronchitis, it is highly advisable that you use humidifiers to raise the humidity in the rooms. If this is not possible, place wet towels or blankets in different areas of the house. A humid condition is ideal for the recovery of a person suffering from bronchitis.

Acute bronchitis does not last more than 10-12 days if treated properly. Usually, it is closely followed by a flu or cold. You might also cough for 2-3 weeks, and you will continue to cough

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till your bronchioles are completely healed and free of infection. If the cough persists, it may be due to another condition. In this case, you need to consult your physician and get yourself checked for any other medical condition. It is very important to know that acute bronchitis, if left unattended to, can lead to a condition called chronic bronchitis. This can cause intense misery and last from 3 months to two years. Moreover, it can permanently damage your respiratory system.

### **Signs and Symptoms of Bronchitis**

You know that you are in for acute bronchitis when you experience breathlessness, slight pain and tightness in the chest, light fever, chills, persistent cough that brings out a lot of mucus, wheezing, and headache. Now, this can easily be mistaken for a common cold. Only a doctor can make out the difference. So, as soon as you experience these symptoms, visit your family doctor and get a medical examination.

A number of tests are required to determine if you are suffering from acute bronchitis or just a common cold. A doctor will study your breathing pattern through a stethoscope. Chest X-rays will be taken. Laboratory tests will be conducted to examine your mucus in order to determine if the condition has been caused by bacteria, virus, or fungus.

### **Recovering from Bronchitis**

If you are diagnosed with acute bronchitis, quit smoking immediately. Avoid cigarette smoke completely if you want a speedy recovery. Smoke is really bad for you, so is polluted air. Ensure that the air around you is perfectly clean. You can do so by installing an air purifier or two inside your house.

### **Prevention of Acute Bronchitis**

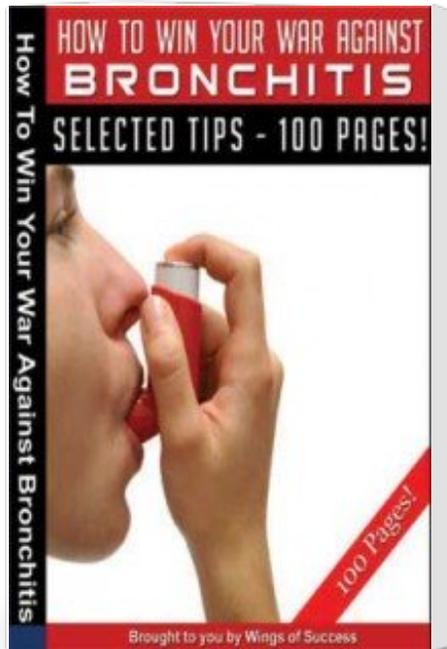
You don't need to suffer from acute bronchitis. You can easily prevent it by taking a few precautions. It is important to avoid getting infected by virus, bacteria, and fungi that cause acute bronchitis, and you can do so by washing your hands regularly and giving up smoking.

## **How To Win Your War Against Bronchitis**

Never ever ignore the signs of acute bronchitis. Visit your doctor to ascertain once and for all if what you have caught is acute bronchitis or just a common cold. Don't take the decision yourself.

The health of your respiratory system is in your control. Keep yourself informed about acute bronchitis and understand its symptoms well. You can prevent it from turning into a chronic condition simply by taking the right treatment at the right time.

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