



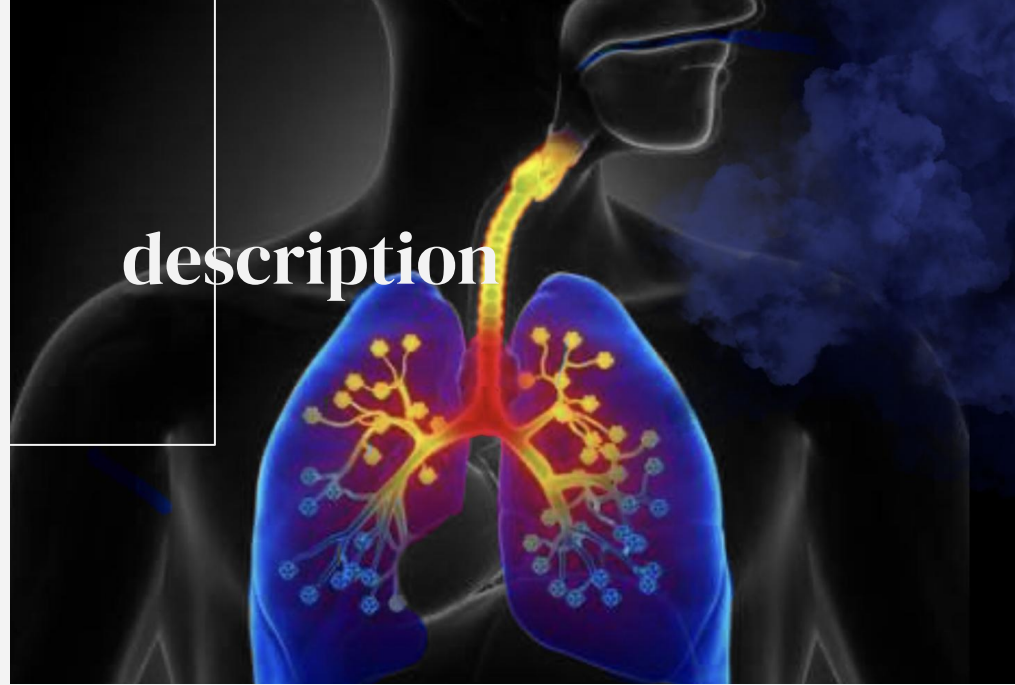
Bronchitis

In Britain in 1808, a physician Charles Badham was the first person to describe the condition and name the acute form as acute bronchitis.

“Bronchitis is an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs. People who have bronchitis often cough up thickened mucus, which can be discolored.

Bronchitis may be either acute or chronic. Often developing from a cold or other respiratory infection, acute bronchitis is very common. Chronic bronchitis, a more serious condition, is a constant irritation or inflammation of the lining of the bronchial tubes, often due to smoking. Acute bronchitis, also called a chest cold, usually improves within a week to 10 days without lasting effects, although the cough may linger for weeks. However, if you have repeated bouts of bronchitis, you may have chronic bronchitis, which requires medical attention. Chronic bronchitis is one of the conditions included in chronic obstructive pulmonary disease (COPD).

description



what organs or parts of the human body are affected;

Bronchitis is a condition in which the airways in the lungs, called bronchial tubes, become inflamed and cause coughing, often with mucus. When you breathe in, air passes down your airways, called your bronchi and bronchioles, into the air sacs of your lungs. In chronic bronchitis, the lining of the bronchioles becomes inflamed. This causes mucus to build up along the airways and makes the airways narrow (bronchoconstriction), which causes you to cough.





how does bronchitis affect the organs or parts of the human body;

Bronchitis is a condition of the respiratory system. It is characterized by inflammation of the bronchial tubes within the lungs. These tubes are one part of our respiratory system that is responsible for getting the air that we breathe to oxygenate our bodies.

how can a person obtain it;

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how can it be detected;

To diagnose bronchitis, your doctor will do a physical exam and ask about your medical history and symptoms. The doctor may also order a blood test to look for signs of infection or a chest X-ray to see if your lungs and bronchial tubes look normal and rule out pneumonia.



physical exam



sputum culture



spirometry test



how can it be prevented;

- Don't smoke.
- Insist that others do not smoke in your home.
- Stay away from or try to reduce your time around things that irritate your airway (nose, throat, and lungs). Irritants can include dust, mold, pet dander, air pollution, smoke, and cleaners.
- If you catch a cold, get plenty of rest.
- Take your medicine exactly the way your doctor tells you.
- Eat a healthy diet.
- Wash your hands often. Use soap and water. If you are not able to use soap and water, use a hand sanitizer that contains alcohol.
- Make sure you are up-to-date on the flu and pneumonia





HOME REMEDIES

BRONCHITIS



1. Drink Lots of Water to stop
Bronchitis Naturally



3. Take Rest to Avoid Flareups
of Bronchitis Attack

how can it be treated.

In most cases, acute bronchitis clears up by itself within a few weeks without the need for treatment.

In the meantime, you should drink lots of fluid and get plenty of rest.

In some cases, the symptoms of bronchitis can last much longer. If symptoms last for at least 3 months, it's known as chronic bronchitis.

There's no cure for chronic bronchitis, but some lifestyle changes can help ease your symptoms, such as:

**eating a healthy diet
regular moderate exercise
avoiding smoking**

There are several medicines to relieve symptoms.

Medicines called bronchodilators and steroids "open up" the airways and can be prescribed as an inhaler or as tablets.

Mucolytic medicines thin the mucus in the lungs, making it easier to cough up