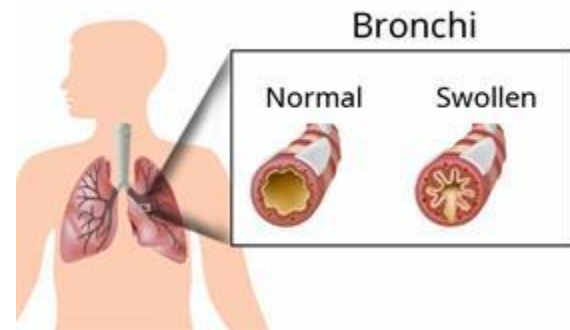


## Bronchitis

Acute bronchitis is the sudden inflammation of the main airways (bronchi) branching off the windpipe (trachea) in the lungs. This inflammation causes the airways to narrow and produce more mucus than usual, leading to difficulty breathing and coughing or wheezing sounds. The duration of acute bronchitis may extend over several weeks, with the cough possibly lingering longer. Conditions such as allergies, asthma, and exposure to smoke can exacerbate its symptoms.



### Causes:

This condition can be triggered by various factors, including:

- Viruses like those causing cold and flu, with the common cold virus being the most frequent culprit.
- Bacteria, although less commonly.
- Inhalation of lung-irritating substances such as:
  - Tobacco smoke in various forms.
  - Dust, pollen, or pollutants in the air.
  - Fumes from household cleaning agents or combustion of fuels.

### Risk Factors:

Certain factors may heighten the likelihood of developing this condition:

- Weakness in the body's defense system, known as the immune system.
- Existing lung and respiratory conditions like asthma.

### Signs and Symptoms:

Common symptoms of acute bronchitis encompass:

- Coughing, sometimes accompanied by the expulsion of clear, yellow, or green mucus (sputum).
- Wheezing.
- Nasal congestion or a runny nose.
- Chest congestion due to excess mucus in the lungs.
- Shortness of breath.
- General discomfort, including a sore throat or chest pain.

### Self Care Guidelines

- Adhere strictly to medication instructions provided by your Doctor Edges healthcare provider.
- Use inhalers, vaporizers, or humidifiers as directed.
- Take two teaspoons (10 mL) of honey before bedtime to alleviate nighttime coughing.

- Ensure adequate fluid intake to maintain light-colored urine.
- Avoid all nicotine or tobacco-containing products and seek assistance for quitting if needed.
- Get sufficient rest and gradually resume normal activities as advised.
- Keep all follow-up appointments.

**Prevention:**

Adopt preventive measures to minimize the risk of recurrence:

- Regular handwashing with soap and water for at least 20 seconds.
- Avoid close contact with individuals displaying cold symptoms.
- Refrain from touching your mouth, nose, or eyes with unwashed hands.
- Steer clear of smoke or chemical fumes to prevent exacerbation.
- Receive an annual flu shot.

**When to contact a Doctor Edges healthcare provider:**

Reach out to the doctor if:

- Symptoms persist beyond two weeks.
- Difficulty expelling mucus arises.
- Coughing disrupts sleep.
- Fever develops.

**Seek immediate healthcare assistance if you experience:**

- Coughing up blood.
- Chest pain.
- Severe shortness of breath.
- Fainting spells or a persistent feeling of impending fainting.
- Severe headache or worsening fever or chills.

These symptoms may indicate a serious underlying issue and warrant immediate medical attention. Contact local emergency services without delay (911 in the U.S.). Avoid driving yourself to the hospital.