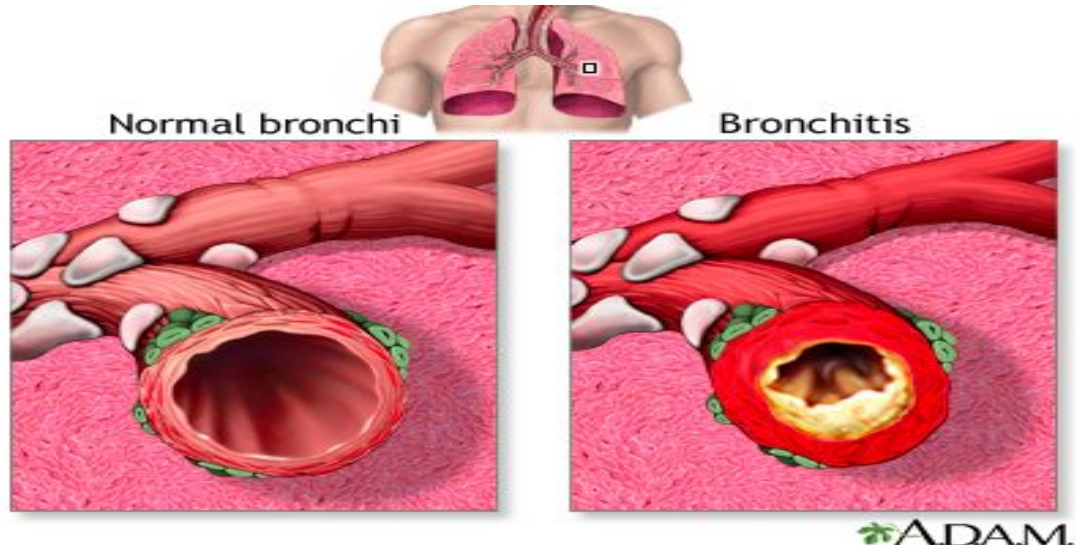

Bronchitis

— UCI SHIP —

What is Bronchitis?

- An inflammation of the lining of the bronchial tubes, which carry air from and to your lungs



Two Types of Bronchitis

1. **Acute Bronchitis** - A short term inflammation of the bronchi; usually lasts a few weeks or less
2. **Chronic Bronchitis** - A long term inflammation of the bronchi, keeps coming back and never goes away completely

Causes

Acute Bronchitis - Caused by Viruses, usually the same ones that cause a cold or flu.

Chronic Bronchitis - Mainly caused by Cigarette Smoking. Air Pollution, Dust, or Toxic Gases in the environment or in the workplace can also contribute to chronic bronchitis

Symptoms

- Intense Cough
- Production of Mucus (Sputum), which can be clear, white, yellowish gray, or green in color - very rarely it may be streaked with blood
- Fatigue
- Shortness of Breath
- Slight Fever & Chills
- Chest Discomfort

If these symptoms last longer than a few weeks, then its chronic bronchitis

When to See A Doctor ?

See a doctor if your cough :

- Lasts more than three weeks
- Prevents you from sleeping
- Is accompanied by fever higher than 100.4 F (38 C)
- Produces discolored mucus
- Produces blood
- Is associated with wheezing or shortness of breath



Treatment

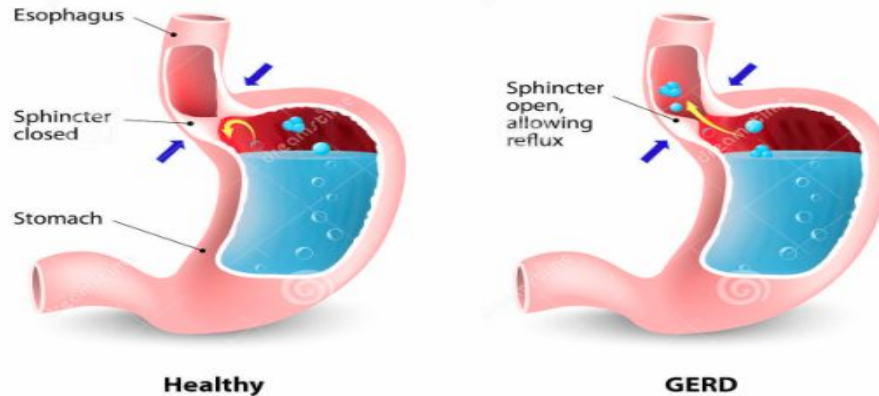
- Self - Care
- Remedies to help with coughing
- Since bronchitis is usually a viral infection, instead of a bacterial one, then antibiotics are not recommended, if it's somehow because of a bacterial infection, then antibiotics are recommended



Risk Factors

- Cigarette Smoke
- Immune System has low resistance
- Exposure to Lung Irritants, such as: grains or textiles, or chemical fumes
- Gastric Reflux: Repeated bouts of severe heartburn that can irritate the throat and make you more prone to developing bronchitis.

Gastroesophageal reflux disease



Prevention

- Avoid Cigarette Smoke
- Get Vaccinated, so you don't get flu virus
- Wear a surgical mask if there's a chance you might get exposed to toxic chemicals



Thank You!