

Bronchitis is an inflammation of the bronchial tubes, which are the airways that carry air to and from the lungs. It can be classified into two main types:

Acute Bronchitis:

Cause: Often caused by viral infections, such as the common cold or flu, though it can also be triggered by bacterial infections. Symptoms: Cough (often with mucus), chest discomfort, shortness of breath, fatigue, and sometimes a low-grade fever. Duration: Typically lasts a few weeks, but the cough can linger for a while after other symptoms improve. Treatment: Usually involves rest, fluids, and over-the-counter medications to relieve symptoms. Antibiotics are generally not prescribed unless a bacterial infection is suspected. Chronic Bronchitis:

Cause: Often related to long-term exposure to irritants such as cigarette smoke or air pollution. It is one of the conditions included in chronic obstructive pulmonary disease (COPD). Symptoms: Persistent cough with mucus production, shortness of breath, wheezing, and frequent respiratory infections. Duration: Lasts for at least three months each year and can persist for several years. Treatment: Focuses on relieving symptoms and improving quality of life. This may include smoking cessation, bronchodilators, inhaled corticosteroids, and sometimes antibiotics if bacterial infections are present. Diagnosis:

Clinical Evaluation: Based on symptoms, medical history, and a physical examination. Tests: Sometimes chest X-rays or pulmonary function tests are used to rule out other conditions and assess lung function. Prevention:

Avoid Smoking: Not smoking or quitting smoking can significantly reduce the risk of chronic bronchitis. Avoid Irritants: Reducing exposure to air pollutants and allergens can help prevent irritation of the airways.

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Last update: **2024/09/11 20:45**

