

PL – DP

Pulmonary – Disease Process

PL – TO

Pulmonary – Tobacco (Smoking)

Bronchitis

What is Bronchitis?

Bronchitis is an infection of the breathing tubes that go to the lungs. These infections start as a cold. Some symptoms may include runny or stuffy nose, cough, sneezing, sore throat, and fever. Bronchitis occurs when the cold infection settles in the breathing tubes; usually the cough gets worse and often brings up yellow or green mucus.

How will the Bronchitis be treated?

Different germs (viruses or bacteria) can cause these infections. If your doctor feels the infection is caused by a virus, it will get better without any special medicine. If it is caused by bacteria, your doctor may give you an antibiotic. You should take the antibiotic until it is all used up. Even if you are on antibiotics, you still might cough for 2-3 weeks.

Other things you can do to help feel better are:

1. Drink lots of liquids, especially water, juice and tea.
2. Use 2 Tylenol pills every 4 hours for pain or fever.
3. If your cough is worse when lying down, sleeping on extra pillows may help.
4. If your cough won't let you sleep, ask your doctor which cough medicine is right for you.
5. Call the clinic if your temperature is over 101, or you have trouble breathing or you start coughing up blood.

Does Smoking have an effect on Bronchitis?

Yes! People who smoke lose some of the natural protection in the lungs. This allows infections to spread easier from the nose and throat down into the breathing tubes. Smoking irritates the breathing tubes and the lungs. This makes it harder to cure the infection.

You should not smoke when you have bronchitis. This is a good time to stop smoking for good. Second-hand smoke (being exposed to other people smoking) can have the same effect on your lungs.