

*The state Medical University of Semey*  
*Chair: Russian And Foreign Languages*  
*Discipline: ENGLISH*

**SIW**

***THEME: A CASE BRONCHITIS***

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# PLAN:

- *Introduction*
- *Is Bronchitis Contagious?*
- *Sign & Symptom of Bronchitis*
- *Causes of Bronchitis*
- *Treatment and Cure of Bronchitis*
- *Conclusion*



***Bronchitis***-refers to an inflammation of the mucous membrane lining the bronchi and bronchial tube within the chest. It is a breathing disorder affecting the expiratory function. In most cases, some infection also occurs in the nose and throat. It is a disease endemic to cold, damp climates, but may occur anywhere.

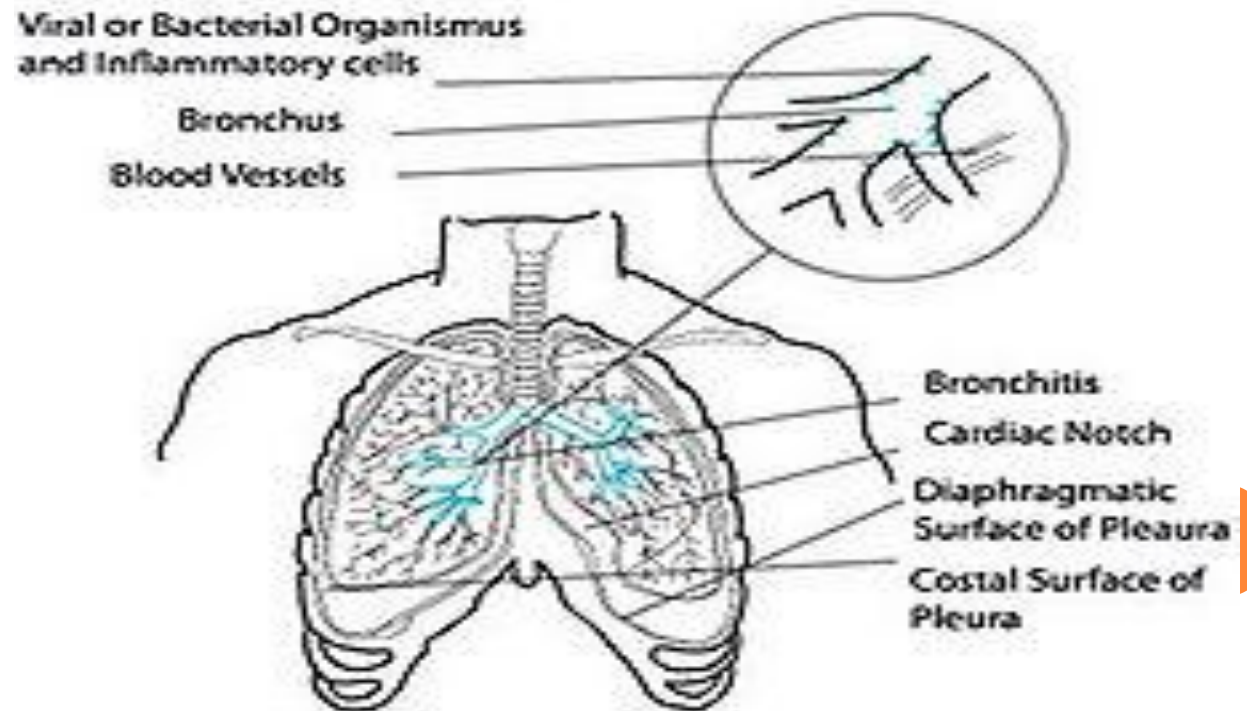


- *Bronchitis may be acute or chronic. In chronic cases, the disease is of long duration. It is more serious than the acute type as permanent changes may have occurred in the lungs, thereby interfering with their normal movements. Chronic bronchitis is more frequent in males than in females and mortality rate is also higher in males.*



# Is BRONCHITIS CONTAGIOUS?

- *Bronchitis is extremely contagious; it can be contracted by coughing, sneezing, or through touching places that the infected person has touched.*



# SIGN & SYMPTOM OF BRONCHITIS

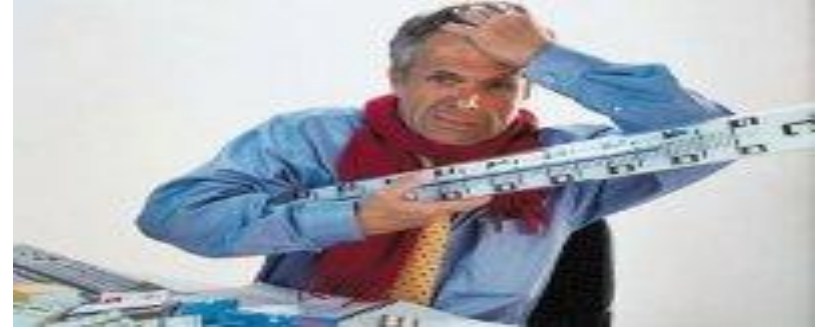
- *In most cases of bronchitis, the larynx, trachea and bronchial tubes are acutely inflamed. The tissues are swollen due to irritation. Large quantities of mucus are secreted and poured into the windpipe to protect the inflamed mucous membrane. The phlegm, when expelled is found to be viscid and purulent. There is usually a higher fever, some difficulty in breathing and a deep chest cough are some of the symptoms of Bronchitis. Other **symptoms of Bronchitis** are hoarseness and pain in the chest and loss of appetite. Breathing trouble continues till the inflammation subsides and mucous is removed.*



## OTHER SYMPTOM OF BRONCHITIS

- *Acute bronchitis often starts with a dry, annoying cough that is triggered by the inflammation of the lining of the bronchial tubes. Other symptoms may include*





- *that may bring up thick white, yellow, or greenish mucus*
- *headache*
- *generally feeling ill*
- *chills*
- *fever (usually mild)*
- *shortness of cough breath*
- *soreness or a feeling of tightness in the chest*
- *wheezing (a whistling or hissing sound with breathing)*



# CAUSES OF BRONCHITIS

- *The chief cause of bronchitis is wrong feeding habits. The habitual use of refined foods such as white sugar, refined cereals and white-flour products results in the accumulation of morbid matter in the system and collection of toxic waste in the bronchial tube. Another important cause of this disease is smoking. Excessive smoking irritates the bronchial tubes and lowers their resistance so that they become vulnerable to germs breathed in from the atmosphere. Other **causes of bronchitis** are living or working in stuffy atmosphere, use of drugs to suppress earlier diseases and hereditary factors. Changes in weather and environment are common factors for the onset of the disease.*



# TREATMENT AND CURE OF BRONCHITIS

- In acute cases of bronchitis , the patient should fast on orange juice and water till the acute symptoms subside. The procedure is to take the juice of an orange in a glass of warm water every two hours from 8 a.m. to 8 p.m. Thereafter, the patient should adopt an all-fruit diet for two or three days. In case of chronic bronchitis, the patient can begin with an all- fruit diet for five to seven days, taking each day three meals of fresh juicy fruits. After the all-fruit diet, the patient should follow a well-balanced diet of seeds, nuts and grains, vegetables and fruits. For drinks, unsweetened lemon water or cold or hot plain water may be taken. The patient should avoid meats, sugar, tea, coffee, condiments, pickles, refined and processed foods, soft-drinks, candies, ice-cream and products made from sugar and white flour.





# PREVENTION TIPS FOR BRONCHITIS CURE AND HOME REMEDIES :

- ❑ **Certain remedies have been found highly beneficial in the treatment of Bronchitis .**
- ❑ One of the most effective remedy for bronchitis is the use of turmeric powder. A teaspoonful of this powder should be administered with a glass of milk two or three times daily. It acts best when taken on an empty stomach.
- ❑ Another effective remedy for bronchitis is a mixture of dried ginger powder, pepper and long pepper taken in equal quantities three times a day. It may be licked with honey or infused with one's daily tea. The powder of these three ingredients have antipyretic qualities and are effective in dealing with fever accompanied by bronchitis. They also tone up the metabolism of the patient



- *All refined foods such as sugar, white rice, macaroni products and white flour and meat should be avoided. The patient should eat several small meals a day in preference to two or three large ones and avoid strong condiments such as pepper, mustard, and chilli. He should not smoke as this will only increase his desire for alcohol.*
- *Certain vegetable juices, especially carrot juice, in combination with the juices of beets and cucumbers, have been found valuable in the treatment of appendicitis. Regular use of tea made from fenugreek seeds has also proved helpful in preventing the appendix from becoming a dumping ground for excess mucous and intestinal waste.*
- *The onion has been used as a food remedy for centuries in bronchitis. It is said to possess expectorant properties . It liquefies phelgm and prevents its further formation. One teaspoon of raw onion juice, the first thing in the morning will be highly beneficial in such cases.*



## *CHRONIC BRONCHITIS INFORMATION & ITS PREVENTION AND CURE*

- *In case of **chronic bronchitis**, the patient can begin with an all- fruit diet for five to seven days, taking each day three meals of fresh juicy fruits. After the all-fruit diet, the patient should follow a well-balanced diet of seeds, nuts and grains, vegetables and fruits. For drinks, unsweetened lemon water or cold or hot plain water may be taken. The patient should avoid meats, sugar, tea, coffee, condiments, pickles, refined and processed foods, soft-drinks, candies, ice-cream and products made from sugar and white flour.*



# *ACUTE BRONCHITIS INFORMATION & ITS PREVENTION AND CURE*

- *In cases of **acute bronchitis** , the patient should fast on orange juice and water till the acute symptoms subside. The procedure is to take the juice of an orange in a glass of warm water every two hours from 8 a.m. to 8 p.m. Thereafter, the patient should adopt an all-fruit diet for two or three days.*



***THANKS FOR ATTENTION!!!***

