



КАЗАХСТАНСКО-РОССИЙСКИЙ  
МЕДИЦИНСКИЙ УНИВЕРСИТЕТ

# Bronchitis

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# Plan

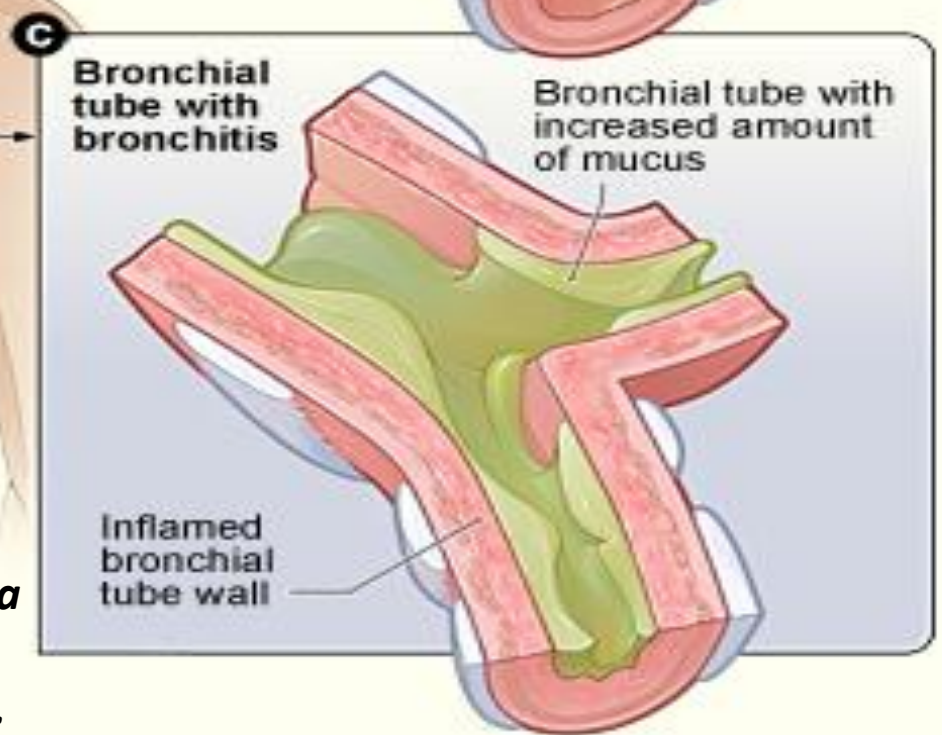
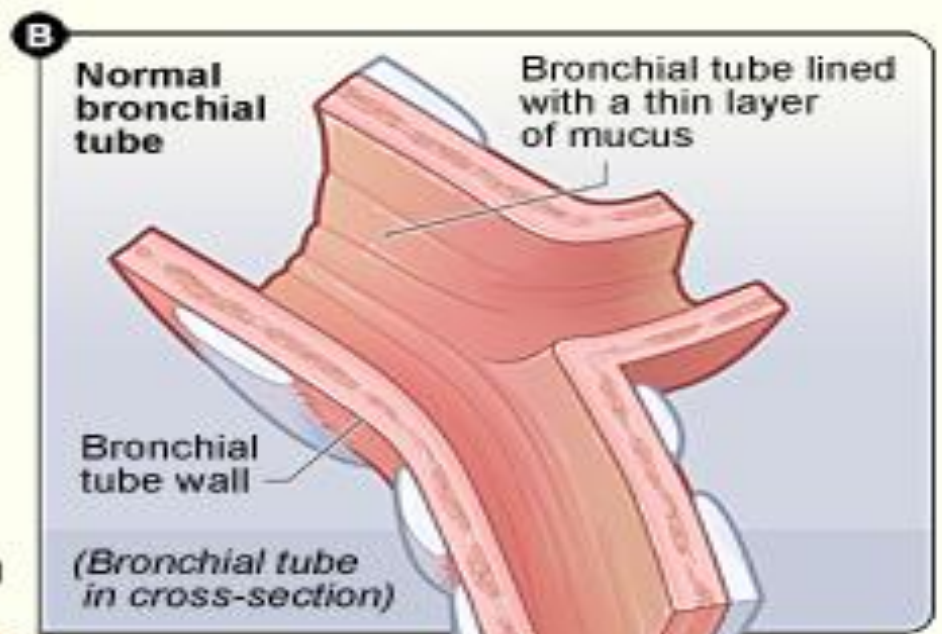
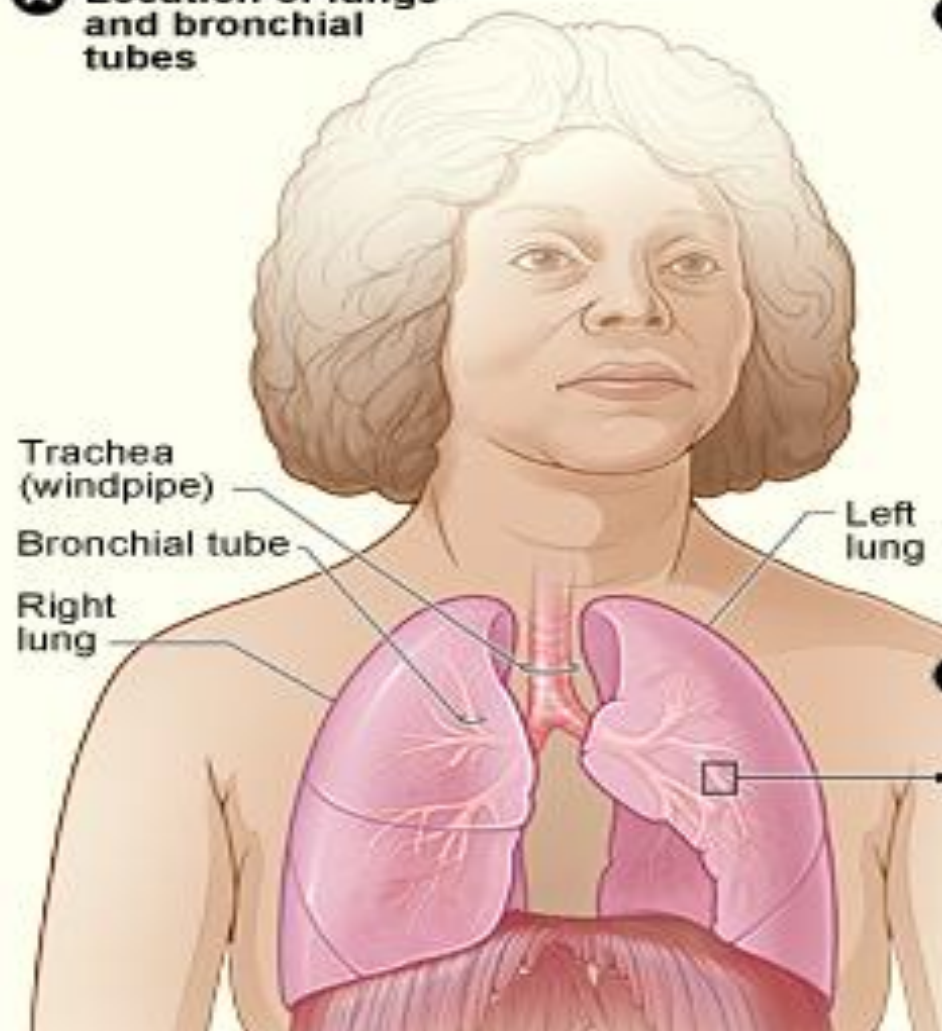
- I. What Is Bronchitis?
- II. Acute Bronchitis.
- III. Chronic Bronchitis.

# What Is Bronchitis?

- Bronchitis (bron-KI-tis) is a condition in which the bronchial tubes become inflamed. These tubes carry air to your lungs.
- People who have bronchitis often have a [cough](#) that brings up mucus. Mucus is a slimy substance made by the lining of the bronchial tubes. Bronchitis also may cause wheezing (a whistling or squeaky sound when you breathe), chest pain or discomfort, a low fever, and shortness of breath.
- There are two main types of bronchitis: acute (short term) and chronic (ongoing).

**A** Location of lungs and bronchial tubes

Trachea (windpipe)  
Bronchial tube  
Right lung  
Left lung



*Figure A shows the location of the lungs and bronchial tubes in the body. Figure B is an enlarged, detailed view of a normal bronchial tube. Figure C is an enlarged, detailed view of a bronchial tube with bronchitis. The tube is inflamed and contains more mucus than usual.*

# Acute Bronchitis

- Infections or lung irritants cause acute bronchitis. The same viruses that cause colds and the flu are the most common cause of acute bronchitis. These viruses are spread through the air when people cough. They also are spread through physical contact (for example, on hands that have not been washed).
- Sometimes bacteria cause acute bronchitis.
- Acute bronchitis lasts from a few days to 10 days. However, coughing may last for several weeks after the infection is gone.
- Several factors increase your risk for acute bronchitis. Examples include exposure to tobacco smoke (including secondhand smoke), dust, fumes, vapors, and air pollution. Avoiding these lung irritants as much as possible can help lower your risk for acute bronchitis.
- Most cases of acute bronchitis go away within a few days. If you think you have acute bronchitis, see your doctor. He or she will want to rule out other, more serious health conditions that require medical care.

# Chronic Bronchitis

- Chronic bronchitis is an ongoing, serious condition. It occurs if the lining of the bronchial tubes is constantly irritated and inflamed, causing a long-term cough with mucus. Smoking is the main cause of chronic bronchitis.
- Viruses or bacteria can easily infect the irritated bronchial tubes. If this happens, the condition worsens and lasts longer. As a result, people who have chronic bronchitis have periods when symptoms get much worse than usual.
- Chronic bronchitis is a serious, long-term medical condition. Early diagnosis and treatment, combined with quitting smoking and avoiding secondhand smoke, can improve quality of life. The chance of complete recovery is low for people who have severe chronic bronchitis.

# How Is Bronchitis Treated?

- The main goals of treating acute and chronic bronchitis are to relieve symptoms and make breathing easier.
- If you have acute bronchitis, your doctor may recommend rest, plenty of fluids, and aspirin (for adults) or acetaminophen to treat fever.
- Antibiotics usually aren't prescribed for acute bronchitis. This is because they don't work against viruses—the most common cause of acute bronchitis. However, if your doctor thinks you have a bacterial infection, he or she may prescribe antibiotics.
- A humidifier or steam can help loosen mucus and relieve wheezing and limited air flow. If your bronchitis causes wheezing, you may need an inhaled medicine to open your airways. You take this medicine using an inhaler. This device allows the medicine to go straight to your lungs.
- Your doctor also may prescribe medicines to relieve or reduce your [cough](#) and treat your inflamed airways (especially if your cough persists).

- If you have chronic bronchitis and also have been diagnosed with [COPD](#) (chronic obstructive pulmonary disease), you may need medicines to open your airways and help clear away mucus. These medicines include bronchodilators (inhaled) and steroids (inhaled or pill form).
- If you have chronic bronchitis, your doctor may prescribe [oxygen therapy](#). This treatment can help you breathe easier, and it provides your body with needed oxygen.
- One of the best ways to treat acute and chronic bronchitis is to remove the source of irritation and damage to your lungs. If you smoke, it's very important to quit.
- Talk with your doctor about programs and products that can help you quit smoking. Try to avoid secondhand smoke and other lung irritants, such as dust, fumes, vapors, and air pollution.



# How Can Bronchitis Be Prevented?

- You can't always prevent acute or chronic bronchitis. However, you can take steps to lower your risk for both conditions. The most important step is to quit smoking or not start smoking.
- Also, try to avoid other lung irritants, such as secondhand smoke, dust, fumes, vapors, and air pollution. For example, wear a mask over your mouth and nose when you use paint, paint remover, varnish, or other substances with strong fumes. This will help protect your lungs.

# Questions

1. **What Is Bronchitis?**
2. **What causes bronchitis?**
3. **What Are the Signs and Symptoms of Bronchitis?**
4. **What is mucus?**
5. **How many types of bronchitis do you know?**
6. **What is acute bronchitis?**
7. **What is chronic bronchitis?**
8. **How Is Bronchitis Treated?**
9. **How Can Bronchitis Be Prevented?**
10. **How bronchitis is diagnosed?**