

TRANSCRIPCIÓN BÁSICA EN INGLES

Hello everyone, we are Cristina and Elena, and today we will briefly talk about bronchitis: a common respiratory disease that affects the bronchi.

Well, this is the table of contents which we will present to you one by one below.

First, the introduction: What is bronchitis? Bronchitis is the inflammation of the bronchial tubes, the airways that carry oxygen to your lungs. Most cases of acute bronchitis improve within a few days, but the cough can last several weeks after the infection has cleared up. Often, the same viruses that cause colds and flu can cause acute bronchitis. These viruses spread through the air when someone coughs or through physical contact, for example, when someone hasn't washed their hands.

Likewise, bacteria can cause acute bronchitis, but not as often as viruses.

In the image on the right, we can see a comparison of bronchitis with normal bronchi. In bronchitis, we can see that the bronchus is much more inflamed and clogged with mucus.

Symptoms. Bronchitis presents with symptoms like a persistent cough, usually accompanied by phlegm, shortness of breath, and, in some cases, fever and fatigue. Sometimes, the chest may feel tight or under slight pressure. These symptoms usually last one to two weeks, but the cough can last longer. If these symptoms appear, especially shortness of breath and fever, it's advisable to see a doctor for a full diagnosis and to consider treatment options.

As for the causes, bronchitis can be caused by infections or environmental factors. It's usually caused by viral infections, such as those that cause colds and flu, but it can also be due to bacteria or irritants like cigarette smoke, pollution, and chemicals. Cold or sudden temperature changes can increase the risk.

Finally, regarding treatment. Usually, only the symptoms are treated while the immune system does its job and clears the virus. Fever is usually treated with antipyretics, such as acetaminophen, and cough medications. Also, treatment depends on whether bronchitis is acute or chronic. For acute bronchitis, doctors usually recommend rest, staying hydrated, and, if necessary, medications to relieve the cough. In cases of chronic bronchitis, it's important to avoid irritants like tobacco, and longer-term medical treatment may be needed. Consulting a healthcare professional is always essential.

Some relevant data that the creators of this presentation found interesting, for example, is that bronchitis affects 5% of the adult population and occurs more frequently in winter. In Spain, there are over 200,000 cases of bronchitis annually.

To conclude, we wanted to emphasize that, if you have persistent symptoms, consult a doctor. Taking care of our lungs is vital for our quality of life. Thank you very much.