Proofed 11-17-09 ma

Proofed 12-11-07 ma

Shortness of breath in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Shortness of breath

**Feature Title**

Shortness of breath

**List Title**

Shortness of breath

**Content is Contracted**

No

**Licensable**

No

**Searchable**

No

**Target pub date**

01/19/2010

**Review in months?**

24

**MCV Main tag**

**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Chest

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Shortness of breath can signal a number of conditions that need prompt medical care. Identify possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible common causes of shortness of breath in adults. See our Symptom Checker.

**Benefit Summary**

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**Source**

**Keywords**

N/A

**SEO Title**

N/A

**SEO URL Keyword**

shortness-of-breath

**SEO Description**

N/A

**Billboard**

**Billboard Large**

**Internal comments**

**Alternate Titles**

**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help** (1, 2)

Shortness of breath that can't be explained by rigorous exertion or exercise requires a prompt, accurate diagnosis.

Get emergency medical care if you experience shortness of breath that:

Began suddenly and affects your ability to function

Is accompanied by chest pain that lasts more than a few minutes

Is accompanied by dizziness, fainting, nausea or vomiting

**Self-care strategies**

Because of the nature of this symptom, it's best to contact your health care provider. Please see the "Seek Care" section to determine an appropriate course of action.

**More Information**

Shortness of breath MY00119

**END OF FARCRY TEXT**

Find possible causes of shortness of breath based on specific factors. Check one or more factors on this page that apply to your symptom.

**Problem is**

New or recent

Ongoing or recurrent

**Preceded by**

Trauma or injury

Upper respiratory illness

**Triggered or worsened by**

Allergens or irritants

Anxiety or stress

Coughing, sneezing or deep breathing

Exposure to cold air

Mild to moderate exertion

Smoking

**Accompanied by**

Chest pain, tightness or discomfort

Cough that produces blood

Cough that produces sputum

Dizziness or fainting

Dry cough

Fatigue or weakness

Fever or chills

Headache

Irregular or rapid heartbeat

Nausea

Pale or bluish skin

Rapid weight gain

Sweating

Swelling in legs, ankles and feet

Trembling

Wheezing

**Possible causes**

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00321 Anemia (3)

Problem is new or recent

Problem is ongoing or recurrent

Triggered or worsened by mild to moderate exertion

Accompanied by chest pain, tightness or discomfort

Accompanied by dizziness or fainting

Accompanied by fatigue or weakness

Accompanied by headache

Accompanied by irregular or rapid heartbeat

Accompanied by pale or bluish skin

DS00021 Asthma (4, p. 336; 5)

Problem is new or recent

Problem is ongoing or recurrent

Preceded by upper respiratory illness

Triggered or worsened by allergens or irritants

Triggered or worsened by exposure to cold air

Triggered or worsened by mild to moderate exertion

Triggered or worsened by smoking

Accompanied by chest pain, tightness or discomfort

Accompanied by dry cough

Accompanied by wheezing

DS00031 Bronchitis (4, p. 337; 6)

Problem is new or recent

Problem is ongoing or recurrent

Preceded by upper respiratory illness

Triggered or worsened by mild to moderate exertion

Triggered or worsened by smoking

Accompanied by chest pain, tightness or discomfort

Accompanied by cough that produces sputum

Accompanied by fatigue or weakness

Accompanied by fever or chills

Accompanied by wheezing

DS00064 Coronary artery disease (7, p. 1530; 8)

Problem is new or recent

Problem is ongoing or recurrent

Triggered or worsened by anxiety or stress

Triggered or worsened by mild to moderate exertion

Accompanied by chest pain, tightness or discomfort

Accompanied by fatigue or weakness

DS00296 Emphysema (9)

Problem is ongoing or recurrent

Triggered or worsened by mild to moderate exertion

Triggered or worsened by smoking

Accompanied by chest pain, tightness or discomfort

Accompanied by dry cough

Accompanied by fatigue or weakness

Accompanied by wheezing

DS00094 Heart attack (10)

Problem is new or recent

Accompanied by chest pain, tightness or discomfort

Accompanied by dizziness or fainting

Accompanied by fatigue or weakness

Accompanied by irregular or rapid heartbeat

Accompanied by nausea

Accompanied by sweating

DS00061 Heart failure (4, p. 338; 11)

Problem is ongoing or recurrent

Triggered or worsened by mild to moderate exertion

Accompanied by chest pain, tightness or discomfort

Accompanied by cough that produces sputum

Accompanied by fatigue or weakness

Accompanied by irregular or rapid heartbeat

Accompanied by rapid weight gain

Accompanied by swelling in legs, ankles and feet

Accompanied by wheezing

DS00592 Interstitial lung disease (12)

Problem is new or recent

Problem is ongoing or recurrent

Triggered or worsened by mild to moderate exertion

Accompanied by chest pain, tightness or discomfort

Accompanied by dry cough

Accompanied by wheezing

DS00338 Panic attacks and panic disorder (13)

Problem is new or recent

Problem is ongoing or recurrent

Triggered or worsened by anxiety or stress

Accompanied by chest pain, tightness or discomfort

Accompanied by dizziness or fainting

Accompanied by headache

Accompanied by irregular or rapid heartbeat

Accompanied by nausea

Accompanied by sweating

Accompanied by trembling

DS00244 Pleurisy (14)

Problem is new or recent

Problem is ongoing or recurrent

Preceded by upper respiratory illness

Triggered or worsened by coughing, sneezing or deep breathing

Accompanied by chest pain, tightness or discomfort

Accompanied by dry cough

DS00135 Pneumonia (15)

Problem is new or recent

Preceded by upper respiratory illness

Accompanied by chest pain, tightness or discomfort

Accompanied by cough that produces sputum

Accompanied by dry cough

Accompanied by fatigue or weakness

Accompanied by fever or chills

Accompanied by headache

Accompanied by sweating

DS00943 Pneumothorax (16)

Problem is new or recent

Preceded by trauma or injury

Preceded by upper respiratory illness

Accompanied by chest pain, tightness or discomfort

Accompanied by irregular or rapid heartbeat

DS00429 Pulmonary embolism (4, p. 336; 17; 19)

Problem is new or recent

Accompanied by chest pain, tightness or discomfort

Accompanied by cough that produces blood

Accompanied by cough that produces sputum

Accompanied by dizziness or fainting

Accompanied by irregular or rapid heartbeat

Accompanied by pale or bluish skin

Accompanied by sweating

Accompanied by swelling in legs, ankles and feet

Accompanied by wheezing

DS00430 Pulmonary hypertension (18)

Problem is ongoing or recurrent

Triggered or worsened by mild to moderate exertion

Accompanied by chest pain, tightness or discomfort

Accompanied by dizziness or fainting

Accompanied by fatigue or weakness

Accompanied by irregular or rapid heartbeat

Accompanied by pale or bluish skin

Accompanied by swelling in legs, ankles and feet

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