

Common Respiratory Diseases

1. Asthma

Asthma is a chronic condition where the airways become inflamed and narrow, making it hard to breathe. Symptoms include shortness of breath, wheezing, coughing, and chest tightness.

2. Pneumonia

Pneumonia is an infection that inflames the air sacs in the lungs. It can be caused by bacteria, viruses, or fungi. Symptoms include fever, chills, cough, and difficulty breathing.

3. Chronic Obstructive Pulmonary Disease (COPD)

COPD is a progressive lung disease that includes emphysema and chronic bronchitis. It is often caused by long-term exposure to irritants like cigarette smoke. Symptoms include persistent cough, mucus production, and shortness of breath.

Prevention:

- Avoid smoking and second-hand smoke.
- Get vaccinated for flu and pneumonia.
- Maintain good hygiene.

Treatment:

- Asthma: inhalers and anti-inflammatory medication.
- Pneumonia: antibiotics for bacterial causes.
- COPD: bronchodilators, oxygen therapy, and lifestyle changes.