

## Acute Bronchitis: Knowing About the Different Signs and Symptoms

There are quite a lot of people living today who are suffering from different kinds of respiratory illnesses. You have to consider that your respiratory health is one of the most important factors that you should consider. Many people have been disabled by chronic respiratory illnesses where the main cause is that they tend to neglect early signs and symptoms of the disease when it develops and becomes severe.

One kind of disease that is commonly neglected by people is called bronchitis. This particular disease is common in infants and children where their immune system is still at the developing stages. Tobacco smokers and people living in areas where there is a high level of air pollution is also commonly affected by bronchitis. Acute bronchitis is a respiratory illness where the bronchial tree is infected by either a virus or bacteria or in rare cases, fungus. 95% of acute bronchitis is caused by viral infection where no special treatment is necessary.

The treatment for acute bronchitis that is caused by viral infection only consists of getting a lot of rest, drinking a lot of water or juices during the duration of the infection. In bacterial infection, antibiotics are usually needed along with the basic treatments. If it is possible, it is recommended that the humidity in the house should be increased by using room humidifiers or by placing wet towels and blankets around the house.

Acute bronchitis, if properly treated, can last up to 10 to 12 days only and are usually followed by flu or cold. Sometimes, coughing can last for two to three weeks or during the duration of the healing process of the bronchioles. However, if the cough still persists, it is recommended that you should consult your physician immediately because there may be other conditions that is affecting your body.

If acute bronchitis is left untreated, it can develop into chronic bronchitis where the disease can remain in long duration that can last up to 3 months to 2 years. Chronic bronchitis has permanent damages into your respiratory system. This is why it is important that you should know all about bronchitis and the signs and symptoms associated with it. If you neglect the signs and symptoms of acute bronchitis, it will develop into chronic bronchitis that can cause permanent damage in your respiratory system and can interfere with your normal movements and activities.

The signs and symptoms associated with acute bronchitis will include shortness of breath, mild pain on chest, mild case of fever, persistent coughing with mucus, chills, tightness in the chest, wheezing, and headache. As you can see, the symptoms associated with acute bronchitis have similar symptoms associated with the common cold disease. This is why it is important that if you experience the mentioned signs and symptoms, you should immediately consult your physician about it.

They will conduct a series of test that will include physical examination by listening to your breathing through a stethoscope and chest X-rays. Laboratory tests will also include examination of your mucus to determine whether you have acute bronchitis caused by virus, bacteria, or fungus infection.

During the recovery phase in acute bronchitis, it is important that you should stop smoking if you are a smoker, or avoid inhaling cigarette or tobacco smoke blown by smokers. It is also recommended that you should install air purifiers inside your home in order to breathe clean air.

Acute bronchitis is also easy to prevent. By constantly washing your hands and by quitting smoking, you will be able to maintain your respiratory health and avoid getting infected by viruses and bacteria that causes acute bronchitis.

Always remember that acute bronchitis is treatable. As soon as the signs and symptoms show up, you should consult your doctor about it. You have to consider that it may not be a simple cold that you are suffering from but acute bronchitis.

By taking the necessary precautions and by knowing about the signs and symptoms of acute bronchitis, you will be able to prevent it from getting worse and let it develop into chronic bronchitis. By effectively managing the illness and with the proper treatment, you can be sure that you will never have to suffer from chronic bronchitis.