

## Acute Asthmatic Bronchitis

The respiratory system is one of the most important systems in the human body. It is the part of the body that distributes oxygen throughout the body in order for it to live. Without it, the body will not be able to survive. This is why it is important for you to always take care of your respiratory system.

However, there are instances where there will be a respiratory disorder. One type of respiratory illness is called bronchitis. Bronchitis is an obstructive pulmonary disorder where the bronchi of the lungs become inflamed. This particular condition is common with tobacco smokers or people living in areas where there is a high level of air pollution.

One type of bronchitis is called acute bronchitis where it is considered to be a short-term bronchitis and can be treated right away. You can tell if you have acute bronchitis if you are suffering from the following signs and symptoms:

- Persistent coughing with mucus
- Shortness of breath (Dyspnea)
- Mild fever
- Fatigue
- Mild chest pains
- Feeling of vibration in the chest when breathing
- Feeling of coldness

If you are suffering from the mentioned signs and symptoms, it is recommended that you should consult your physician immediately in order for them to conduct a diagnosis. The diagnosis will include a physical examination where the physician will listen for your breathing sounds through a stethoscope. They will also have your chest X-rayed for further testing.

Acute bronchitis is commonly caused by viruses infecting the lining of the bronchial tree. The virus can be the same viruses that cause colds. In rare cases, acute bronchitis can be caused by an infection of fungus in the bronchial tree. Bacterial infection is also one of the main causes of acute bronchitis.

Treatment for acute bronchitis can be rather easy to do. If the bronchitis is caused by a virus, it will usually go away after a few days and signs and symptoms of bronchitis will subside. It is only required that you should get plenty of rest until the fever subsides and drink a lot of non-caffeinated and

non-alcoholic drink, such as water and juices. It is recommended that you should drink at least 3 to 4 liters a day in order for you to recover faster.

However, if the bronchitis is caused by bacteria, the treatment will include taking antibiotics. It is also recommended that you should increase the humidity in the environment by using room humidifiers or by simply putting wet towels and blankets around the house.

In order to help the bronchial tree recover and heal faster and prevent another attack of bronchitis, it is recommended that you should stay away from polluted areas and if you are a smoker, you should cut down or quit smoking if possible or at least by not smoking inside the house.

The duration of acute bronchitis is usually 10 to 12 days after the first signs and symptoms appear. It will be accompanied by cold or flu or in some cases it can come unaccompanied by other conditions. You have to remember that acute bronchitis is contagious. It is usually transmitted through coughing where the virus or bacteria will be released in the air causing someone who breathes in the virus or bacteria to get infected. It is important that whenever you need to cough, you should cover your mouth with a damp cloth to prevent most of the virus or bacteria particles from getting airborne.

For some people, after the bronchitis has been treated, they will still continue coughing. However, if the coughing lasts longer than a month, it is recommended that you should consult your physician immediately as some other condition aside from the bronchitis may be causing you to cough.

There are ways to prevent bronchitis. To do this, all you need to do is wash your hands thoroughly and frequently, drink lots of fluid, and get lots of rest. You have to remember that bronchitis is caused by viruses or bacteria that can be transferred from an infected area to your hands and from your hands to your lungs.

Always remember that once you see the signs and symptoms associated with bronchitis, you should consult your doctor immediately in order to make a quick diagnosis of your condition and let you treat it at its early stages.