

## Bronchitis

Bronchitis is a condition characterised by inflammation of the bronchial tubes, which are the air passages that carry air to and from the lungs. It can be either acute or chronic.

1. **Acute bronchitis:** This type of bronchitis is usually caused by a viral infection, such as the common cold or flu. It can also result from bacterial infections or exposure to irritants such as smoke or chemicals. Acute bronchitis typically lasts for a short period, usually a few days to a few weeks, and the symptoms gradually improve over time. Common symptoms include coughing (with or without phlegm), chest discomfort, sore throat, nasal congestion, and low-grade fever.
2. **Chronic bronchitis:** This form of bronchitis is a long-term condition that is characterised by a persistent cough that lasts for at least three months in two consecutive years. It is commonly caused by smoking or long-term exposure to irritants, such as air pollution, dust, or chemical fumes. Chronic bronchitis is often associated with chronic obstructive pulmonary disease (COPD), a progressive lung disease that makes it difficult to breathe.

Treatment for bronchitis depends on the underlying cause and the severity of the symptoms. In the case of acute bronchitis, treatment is usually focused on relieving the symptoms and allowing the body to fight off the infection. This may involve rest, drinking plenty of fluids, using over-the-counter cough medications, and using a humidifier to moisten the air. Antibiotics are generally not prescribed unless there is a bacterial infection.

For chronic bronchitis, the primary goal of treatment is to manage symptoms and prevent further lung damage. This may involve lifestyle changes, such as quitting smoking or avoiding irritants, as well as medications to open up the airways, reduce inflammation, and control symptoms. Pulmonary rehabilitation programs and oxygen therapy may also be recommended for severe cases.

It's important to consult your doctor at SunStar Clinics if you suspect you have bronchitis or if your symptoms worsen or persist for an extended period. They can provide an accurate diagnosis and appropriate treatment options based on your specific condition.