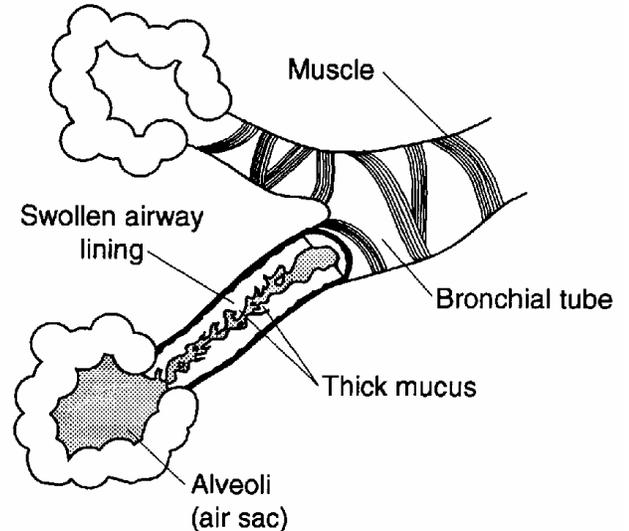


Chronic Bronchitis

Chronic bronchitis is an obstructive lung disease. This means that when you breathe out (exhale) some of the air becomes trapped in your lungs. In bronchitis, the lining of the bronchial tubes or airways become swollen when irritated with such things as smoke or dust. There also is a large amount of mucus produced in the airways. Normally, when you breathe out, the airways narrow. Due to swelling of the airways and the extra mucus, less air is able to leave the lungs as you breathe out, so it becomes trapped.



Cause

- The main cause of chronic bronchitis is smoking. Air pollution and bacterial or viral infections might also cause the disease.
- Chronic Bronchitis is different from the bronchitis that many people have during the winter. A person has chronic bronchitis if he or she coughs up mucus almost every day for three months in a row. This has to happen two years in a row for a person to be diagnosed with chronic bronchitis.

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Symptoms

- Shortness of breath, caused by swelling of airways
- Coughing, caused by the extra mucus
- Wheezing and squeaking sound when you breathe due to swelling of the airways
- Lung infections caused by the lungs inability to get rid of thick mucus

Treatment

Treatment for bronchitis may include:

- Drinking a lot of fluids to keep mucus thin.
- Bronchodilators (the medicine given in your inhalers) to help keep the airways open.
- Using pursed-lip and patterned breathing to help decrease shortness of breath.
- Postural drainage and percussion to get rid of extra mucus, especially during infection.
- Infection control techniques.

❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**