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- Add hyperlinks to demonstrate any statistics and definitions. **AVOID WebMD, Medical News etc.**
- Add all references used to the bottom of the article (these are not included in the word count)

Word count 1367

Can You Get Bronchitis Twice

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4) Follow the outline below...

All About Bronchitis

What Causes Bronchitis?

Bronchitis is a sickness characterized by coughing due to the irritation and inflammation of the trachea, and large airways which is usually caused by viruses¹. Viruses which commonly cause bronchitis are rhinovirus, enterovirus, influenza A and B, parainfluenza, coronavirus, human metapneumovirus, and respiratory syncytial virus. In very rare cases (1-10%), especially in people with underlying health conditions, bacteria are detected as the cause of bronchitis². Bronchitis can also be caused by inhalation of smoke or chemical fume which irritates the airways³. Tobacco/cigarette smoking is the primary cause of chronic bronchitis, and people exposed to secondhand smoking are also at risk. You can also be at risk of occupational bronchitis if your occupation exposes you to irritants such as ammonia, dust, chlorine, e.t.c.

¹ Kinkade S, Long NA. Acute Bronchitis. *afp*. 2016 Oct 1;94(7):560–5. [accessed 30 Sep 2022] Available from: <https://www.aafp.org/pubs/afp/issues/2016/1001/p560.html>

² Worrall G. Acute bronchitis. *Canadian Family Physician*. 2008 Feb 1;54(2):238–9. [accessed 30 Sep 2022] Available from: <https://www.cfp.ca/content/54/2/238>

³ Hueston WJ, Arch G, Mainous I. Acute Bronchitis. *afp*. 1998 Mar 15;57(6):1270–6. [accessed 30 Sep 2022] Available from: <https://www.aafp.org/pubs/afp/issues/1998/0315/p1270.html>

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These cause bronchitis or [chronic obstructive pulmonary disease\(COPD\)](#) in the case of prolonged exposure. However, your symptoms ease when you are no longer exposed to these irritants.

Bronchitis can be acute (lasts only a short time) or chronic (lasts for at least two months). While acute bronchitis is usually contagious, and can be spread through millions of tiny droplets (containing the virus) expelled while coughing or sneezing, chronic bronchitis is not often contagious.

What Are The Signs And Symptoms?

- Cough which typically lasts for two to three weeks. It can be productive (with sputum) or not, and the sputum can either be clear or purulent.
- Shortness of breath.
- Blocked or runny nose.
- Headache.
- Mild fever.
- Mild body ache.
- Fatigue.
- Sore throat.

What It Feels When Having a Bronchitis

Bronchitis feels like cold kicked up a few notches, the primary symptom is the hacking cough that is usually bothersome, you may develop soreness in your chest, throat and stomach muscle from all that coughing, it starts off as a dry cough and over time you may also cough up yellow to gray mucus (phlegm) from your airways,⁴ cough and wheezing may be more severe if you are a smoker or have asthma due to underlying inflammation⁵. You may also experience wheezing and breathlessness when exerting yourself. However, this is usually seen in the case of chronic (long term) bronchitis. In addition you may experience headache, bodyache, chills and fever.

⁴ Bronchitis symptoms and treatments. [accessed 1 Oct 2022] Available from: <https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/bronchitis>

⁵ Hueston WJ, Arch G. Mainous I. Acute Bronchitis. *afp*. 1998 Mar 15;57(6):1270–6. [accessed 30 Sep 2022] Available from: <https://www.aafp.org/pubs/afp/issues/1998/0315/p1270.html>

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Complications

[Pneumonia](#); this happens when the infection extends into the lungs from the airways. It is the most common complication that can arise from bronchitis, the risk of developing pneumonia is increased in the presence of these factors;

- Old age; the immune system response is reduced.
- Smoking.
- Weakened immune system; due to illness, chemotherapy, steroid medication or HIV infection.
- Long term health conditions such as chronic obstructive pulmonary disease (COPD), sickle cell diseases, kidney, heart or liver diseases.

[Chronic obstructive pulmonary diseases \(COPD\)](#); this is a lung condition that is used to refer to chronic bronchitis and emphysema in different percentages, having repeated episodes of bronchitis could be an indication of COPD.

Can You Get Bronchitis Twice?

Yes, it is possible to get bronchitis twice and while repeated acute episodes can be due to repeated exposure to the [causes](#) of bronchitis, recurrent bronchitis is usually an indication that you have chronic bronchitis.

Treatment And Prevention Of Bronchitis

In most cases, bronchitis does not need treatment as the infection resolves on its own after a few days or weeks. [Antibiotics](#) do not cure viral infection, bronchitis is usually caused by viruses, hence you do not need antibiotics. Unnecessary use of antibiotics can put you at risk of side effects and resistance. In some cases, however, bacteria can cause bronchitis. But even in these cases, antibiotics aren't recommended⁶.

However, as bronchitis can in some cases lead to pneumonia, your doctor may prescribe antibiotics for factors that can increase your risk of developing pneumonia or other complications. Furthermore, antibiotics can be prescribed in the presence of;

- Prematurity.
- Old age.
- History of lung, liver, heart or kidney disease.
- Weak immune system.

⁶ CDC. Suffering from a chest cold? Centers for Disease Control and Prevention. 2022. [accessed 1 Oct 2022] Available from: <https://www.cdc.gov/antibiotic-use/bronchitis.html>

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- [cystic fibrosis](#).

Chronic (long term) bronchitis is managed the same way as [COPD](#), and smoking cessation in particular is very important if you smoke. [Pulmonary rehabilitation](#) which is a breathing exercise and education program can also be of great benefit.

Generally, if you experience some [severe or unusual symptoms](#), you should see your doctor for treatment.

Natural Remedies

Home remedies are alternatives to over the counter cough medicines. They can help to loosen mucus, soothe sore throat, ease inflammation and give relief of cough symptoms. Options you can try are⁷;

- Honey and lemon drink.
- Menthol; add menthol to a bowl of hot water and breathe in the steam.
- Ginger tea.
- Garlic.
- Thyme tea.

Things You Can Do At Home

You can practice home care to help relieve your symptoms while the infection lasts by;

- Getting lots of rest.
- Drinking lots of fluids; this will loosen up the mucus in your lungs and make it easier for you to cough up. It is also necessary to keep you hydrated.
- Taking ibuprofen or paracetamol; this will help you relieve headaches, body aches and fever.
- Using [natural remedies](#) to relieve cough symptoms.
- Using lozenges.
- Using saline nasal spray or drops to relieve a stuffy nose.
- Avoiding smoke.

⁷ Sultana S, Khan A, Safhi MM, Alhazmi HA. Cough suppressant herbal drugs: A review. Int. J. Pharm. Sci. Invent. 2016 Aug;5(5):15-28. Available from: https://www.researchgate.net/profile/Andleeb-Khan/publication/308369657_Cough_Suppressant_Herbal_Drugs_A_Review/links/5e8ba13692851c2f52866c8c/Cough-Suppressant-Herbal-Drugs-A-Review.pdf

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Medication

Paracetamol can be used for pain, headache and fever, while ibuprofen can also be used for children from 6 months onwards. Adults can also take aspirin as an alternative but it is not applicable for children due to the risk of developing [Reye's syndrome](#).

Cough medicines; there is little evidence that these work, do not use over the counter cough medicines for children under the age of four. Alternatively, [natural remedies](#) such as honey and lime can be used. [Antitussives](#) in particular should be avoided in bronchitis because it suppresses the cough reflex that helps to expel the mucus in your airways. You can consult your doctor or pharmacist for over the counter medications that can help you, it is also important to use these medicines as directed.

Mucolytics; these are medications that loosen the mucus and make it easier to cough up.

PREVENTION

To ensure that you stay healthy and also help others stay healthy you should;

1. Practice good hygiene; wash your hands regularly, use tissue to cover your mouth and nose when you cough or sneeze.
2. Avoid smoking as well as second hand smoking; smoking can trigger or worsen your bronchitis and also put you at risk of COPD.
3. Get vaccinated; this helps to prevent infection in the future, recommended vaccines include the flu and pneumococcal vaccine.
4. Eat a healthy and balanced diet which includes fruits and vegetables that help to improve your general well-being and boost your immunity against infection.

When To Consult A Doctor

Bronchitis can often be treated easily at home with rest, hydration and some over the counter medicines. However, if you experience severe or unusual symptoms, that is an indication that you need to see your doctor

These symptoms include;

1. Severe cough that lasts more than three weeks.
2. Repeated episodes of bronchitis.
3. Very high fever or constant fever (38°C and above) that lasts more than three days.
4. Bloody phlegm (coughing up blood).
5. Dizziness or confusion.
6. Difficulty breathing.
7. Severe chest pain.

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Your doctor may perform a differential diagnosis to rule out other diseases which have the same symptoms as bronchitis such as pneumonia or whooping cough, you may require a [chest X-ray](#) or blood/sputum test if your doctor suspects pneumonia. If your doctor suspects that your symptoms are caused by an undiagnosed underlying health condition, he may order a [pulmonary function test](#) to assess your lung performance.

Furthermore, to reduce the risk of developing pneumonia or other complications, you should see a doctor when you suspect you have bronchitis and

- pregnant.
- have a weak immune system due to illness, [chemotherapy](#), steroid medication or HIV infection.
- older than 65.
- have a long term health condition such as COPD, [sickle cell diseases](#), [asthma](#), kidney, heart or liver diseases.

Summary

Bronchitis can be short or long termed, acute bronchitis is usually self limiting and clears up on its own, home care and natural remedies can be used to make the infection more bearable while it lasts. Chronic bronchitis is often caused by smoking and can be managed with healthy living. Serious symptoms during episodes of bronchitis is an indication that a visit to your doctor is needed.

References

Vancouver style

1. Kinkade S, Long NA. Acute Bronchitis. *afp*. 2016 Oct 1;94(7):560–5. [accessed 30 Sep 2022] Available from: <https://www.aafp.org/pubs/afp/issues/2016/1001/p560.html>
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5. CDC. Suffering from a chest cold? Centers for Disease Control and Prevention. 2022. [accessed 1 Oct 2022] Available from: <https://www.cdc.gov/antibiotic-use/bronchitis.html>
6. Sultana S, Khan A, Safhi MM, Alhazmi HA. Cough suppressant herbal drugs: A review. *Int. J. Pharm. Sci. Invent*. 2016 Aug;5(5):15-28. Available from:

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7.

VARIANT TOPICS

DIST

SUGGESTED

respiratory infection in dogs

0

1-2

respiratory infection in cats

0

1-2

upper respiratory infection cat

0

1-2

cat upper respiratory infection

0

1-2

dog respiratory infection

0

1-2

vitamin c respiratory infection

0

1-2

tortoise respiratory infection

0

1-2

are respiratory infections contagious

0

1-2

respiratory infections

0

1-2

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upper respiratory infections

0

1-2

cat respiratory infection

0

1-2

lower respiratory infection symptoms

0

1-2

upper respiratory infection symptoms

0

1-2

bearded dragon respiratory infection

0

1-2

upper respiratory infection treatment

0

1-2

respiratory infection symptoms

0

1-2

lower respiratory infection

0

1-2

respiratory tract infection symptoms

0

1-2

upper respiratory infection

0

1-2

respiratory tract infection treatment

0

1-2

bacterial respiratory infection

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0

1-2

upper respiratory tract infections

0

1-2

lower respiratory tract infection

0

1-2

respiratory tract infection

0

1-2

respiratory viral infection

0

1-2

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1-2

lower respiratory infection symptoms

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1-2

upper respiratory infection symptoms

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1-2

bearded dragon respiratory infection

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1-2

upper respiratory infection treatment

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1-2

respiratory infection symptoms

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1-2

lower respiratory infection

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1-2

respiratory tract infection symptoms

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