

# Common Causes of Bronchitis

**W**e all know about **bronchitis** as a respiratory problem in which the inner walls of the bronchial tubes are swollen. The bronchial tubes transport air from the windpipe to the **lungs**. When the bronchial tubes develop inflammation, the free flow of air in and out of the lungs takes a backseat. Restricted air flow leading to trouble in breathing is one of the most common consequences of bronchitis. Apart from breathing problems, bronchitis induces yellow phlegm producing cough, fatigue, and raises body temperature. Although this respiratory problem strikes both young and adults, not many are aware of its causes. It is discussed below:



## Short, BODE-Index is a 10-Point Scale


The higher the score, the lower the life expectancy. It has been observed that respiratory problems are associated with higher risk of death, when compared to other parameters, especially for those with high BODE scores. This is only a brief overview about COPD life expectancy and BODE index. Interpretation of BODE index score should be done by a health care professional only.

## Influenza

The influenza commonly referred to as flu, is a viral infection that can have a negative impact on the bronchial tubes. It is observed that bronchitis cases escalate dramatically during winter, because viral flu infection commonly affects people in this season. A person affected with seasonal flu typically experiences body aches, headaches, fatigue, chills, runny nose, and has a high body temperature. Unlike smoking, the influenza virus usually causes acute bronchitis, which means it lasts for a shorter period of time, and goes away as soon as the influenza virus completes its course.

- The mortality rate for Klebsiella pneumoniae is very high, even after the patient receives proper treatment.
- Thus, it is important to know and understand the Klebsiella pneumoniae symptoms.
- Early medical intervention will help prevent the disease from turning fatal.
- Hope the above information was helpful to you in understanding the symptoms of pneumonia due to Klebsiella pneumoniae infection.

The symptoms of flu are usually more severe than those of a cold, and they tend to come on quickly. The symptoms of seasonal flu and swine flu are similar in many ways including sore throat, headache, fever, muscle aches, congestion, and coughing. Swine flu is also associated with diarrhea and vomiting. Most symptoms of the flu improve slowly over the course of three to five days, but some people may continue to feel tired and run down for five or six days. The flu can often turn into pneumonia, particularly in elderly people, children, or people with heart or lung complications. If you notice that you are feeling short of breath or having trouble sleeping because of congestion, or if your fever goes away and then comes back after a day or two, then you should consult a doctor. A fever of more than 101 degrees is rare with a common cold, but is fairly common with the flu.

“  *Herbal Remedies for Cough* Sometimes even after a cold disappears, the cough remains for days. This makes a lot of stress on the throat and the stomach muscles, that get sore and hurt. Fortunately, there are some efficient herbal remedies for cough which can be made from...



BronchitisLungsChronic BronchitisCoughBronchitis MedicationBronchitis

## Influenza (Flu)

Influenza, also known as flu, is a highly contagious acute viral infectious disease. Many people get confused between common cold and flu. Influenza is characterized by runny nose, cough, sore throat, high fever, chills, headache, body ache, and weakness. In extreme and rare cases, flu can even lead to death.

## Causes


Smoking.

## Recent Reports Clearly Indicate that Most Cases of Bronchitis Result Due to Smoking

In fact, smoking has become a major contributor in the rising incidences of bronchitis. Also called the smoker's disease, bronchitis associated with smoking is long-lasting and does not go away so easily. It may last for two years even, and during this period, the bronchitis subsides and elevates at regular intervals. Many ask 'how smoking leads to bronchitis'. Well, it is a known fact that inhaling tobacco everyday can eventually damage to any part of the respiratory system. Cigarettes are stuffed with tobacco, and so their inhalation irritates the bronchial tubes. This subsequently causes inflammation of the bronchial tubes. Exposure to passive smoking (second-hand smoke) daily also increases the chances of developing **chronic bronchitis**.

## Low Iron Diet

When the diet is poor in iron, it is obvious that the person will be sooner or later be diagnosed with deficiency of this dietary mineral. People who are iron deficient often whine about sore throat, which eventually causes forceful coughing. Increasing the intake of dietary iron will reduce irritation in throat and subsequently reduce the **cough**.

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