

## How Does Smoking Trigger COPD

**C**hronic Obstructive Pulmonary Disease (COPD) is one of the leading causes of mortality in adults and as estimated 100,000 people die each year because of this condition. COPD is a progressive disease, that is, with time the disease progresses, and if left untreated, can cause serious conditions including death.



### COPD - a Combination of Bronchitis and Emphysema

COPD is a combination of **chronic bronchitis** and emphysema. Chronic bronchitis is actually seen as an inflammation and swelling of **lungs**. The airways that hook up the windpipe and lungs are clogged with heavy mucus, referred to as phlegm. Treatment plans can also be marked with the damage of air sacs present at the tip of airways. This causes difficulty in the passage of air through lungs, leading to problems in breathing.

### As Stated Earlier, Asthmatic Bronchitis is Not a Contagious Problems in Itself

Nevertheless, it should be noted that viral bronchitis can be contagious for 2-4 times. As most of the symptoms of breathing problems are more or less comparable, it is crucial to consult the doctor immediately in case you monitor any symptoms. This will assist in diagnosing the exact cause and nature of the signs and symptoms.

### Phlegm: Telling by the Color

**Clear Phlegm:** In the original color, phlegm is white. Clear, or yellow mucus appears during the initial stages of illness, or even if it is a minor condition. This is the stage when the body tries to wash away the invader. Chronic bronchitis, postnasal drip, and gastroesophageal reflux disease (GERD) are some of the conditions, which usually characterize the ejection of yellow-colored sputum. Apparent phlegm might point to infection; however, serious illness may not be identified via phlegm colour on it's own. Smoking and excessive alcohol, too, worsen the condition.

Restrict exposure to contaminants in the air, like dust, household cleaners, color fumes, chemicals, certain perfumes, and so forth.

- Quit smoking as it worsens the respiratory system conditions.
- Right after quitting, the patient may notice tremendous reduction in phlegm production and also respiratory system congestion.

*Gargling with salt water accompanied with, or without turmeric will help in soothing the air passages as well as the tonsils.*

Coughing upward phlegm can also be handled by having lemon green tea, or chicken soup as it will help in loss the mucous as well as relieving respiratory congestion.

“



**Cough with Phlegm** Coughing alone is not actually a disease, but it is an indication of problems in the respiratory tract. In fact, a cough is a self-defense mechanism, triggered by the presence of any foreign or unwanted particles in the respiratory tract. And phlegm...



BronchitisLungsChronic BronchitisBronchitis EmphysemaDifficulty

Though mucous could be extremely annoying, you ought to be careful about not drying out it too much as it is an essential part of the body's immune system. As far as it can be, it is not recommended that one utilizes over-the-counter **cough** suppressants, because it may not be the right remedy to relieve your condition.

### Emphysema

Emphysema is a condition in which the elastic fibres which are used to move air in and out of lungs are harmed as a result of the chemicals in smoke. The blood vessels present for the lungs are responsible for absorbing the oxygen and then moving it to the bloodstream by which it can be utilized in the rest of the body. Pollutants in smoking damage the blood vessels and also change the actual elastic fibers, thus making it hard for the person to breathe normally. Some other symptoms of emphysema tend to be frequent exertion, coughing, tiredness, nausea, and severe headaches.

### Natural Remedies

Drinking warm fluids that include water that contains fresh lemon juice and honey, chicken soup and chamomile tea, can work miracles to ease symptoms of bronchitis.

- Gargling with warm salt water frequently, can also help to relieve sore throat.
- Just 1 tsp. of salt mixed in a glass of warm water is sufficient to alleviate the inflammation in the throat.
- Eating raw almonds is another ways to effectively to deal with this particular respiratory infections.
- Nourishing stuffs like walnuts contain calcium, magnesium, and vitamin e, that play a key role in keeping lung infections in check.

### Now the Cost Comes Into the Picture

If your choice is influenced by cost of the equipment, then you will have to choose a humidifier, because they are less expensive as compared to the vaporizers. Along with the original price, the price forced to use the equipment is also less, as unlike for a vaporizer, there is no need to be able to boil the water. This in turn helps in saving some costs.



“ **Victor Cooley**

*Victor is a content specialist at pianavia.com, a resource on natural health. Previously, Victor worked as a post curator at a media startup. When he's not sourcing content, Victor enjoys biking and shopping.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.