

Restrictive Lung Disease

The lungs possess a characteristic property known as 'compliance', which helps their expansion and contraction. The state in which the capability of compliance is dropped is known as restrictive lung disease. In case of people affected by this condition, the lungs may become stiff and are not able to expand properly. Stiffness of the chest wall, weak muscles, or damaged nerves could be responsible for the shortcoming of the lungs to expand fully. The intrinsic or even underlying reason behind treatment plans is pulmonary fibrosis, which in turn is a medical condition that is characterized by the scarring with the lungs.



The surgical marks spread throughout the tissues and finally are converted into a fibrotic mass. Because the cells grow to be fibrotic, their elasticity is missing. With the increased stiffness in the tissues, the lung function gets adversely affected. This reduces their ability to release oxygen in the bloodstream. Other medical conditions that could contribute to this kind of lung situation include sarcoidosis, obesity hypoventilation syndrome, scoliosis, or neuromuscular diseases.

- Milk: Drinking milk is not a cause at the rear of white phlegm.
- However, it thickens the actual mucous which makes it harder to get rid of it.
- For this reason, stay away from excessive consumption of milk or dairy products when you have a throat infection.



LungsCough

Make sure you keep drinking lots of water, and get enough rest apart from following the previously mentioned home remedies. If the remedies offered previously mentioned do not help to progress inside of Two weeks, or perhaps if your symptoms grow to be even worse, then seek a doctor's help.

- Chronic Bronchitis: This is a more serious situation and is frequently caused due to smoking.
- The color of sputum might be bright, yellow, or green in color.
- This condition might prevail for months.
- But one thing to remember is that you need to get rid of the excessive mucous by coughing it out.
- There are mucolytics which thin the mucus and make it easier to cough out the excess phlegm.
- Also, there are expectorants which make spitting out simpler.
- But in case a person has lung infection, antibiotics can be prescribed by the physician.

Let Us Look At the Causes and Treatment Associated With this Indicator.

Causes Acute Bronchitis: Serious bronchitis or chest chills takes place when the lining of the bronchial tubes get inflamed. In this problem there is a production of clear or white mucus. You might also have a persistent cough.



“ **Victor Cooley**

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