

## Tight Chest and Shortness of Breath

**C**hest pain and breathing difficulty (known as dyspnea) do not always show an impending heart attack. Someone going through these types of symptoms may not be suffering from a cardiac problem. Although the signs and symptoms are mainly associated with heart and lung problems, severe pain from neck, stomach and back can spread to the chest and can exhibit these kinds of signs and symptoms. Restricted blood supply or accumulation of fluid/blood usually leads to tightness, heavy pressure and pain in the chest. Labored respiration is actually one of the major tight chest signs.



Acid reflux disease can be treated with the help of antacids, treatment like H-2-receptor blockers, proton pump inhibitors, etc. At the same time, making changes in lifestyle, using home remedies like having buttermilk after meals, etc., can also help in treatment and prevention of GERD to a great extent.

### Tuberculosis

Tuberculosis is definitely an infectious respiratory disease caused by bacteria known as *Mycobacterium tuberculosis*. It usually impacts people with a weak immune system. Severe cough, weight loss, tiredness, burning pain in chest and tonsils are the symptoms of tuberculosis. Tuberculosis is very contagious and can be easily transmitted from one person to the other.



Lungs

*“ Those who have recently stop smoking often feel apprehensive in the picture of brownish or black mucous, it is normal for one to be breathing problems up mucus. It is just a mechanism employed by the body in order to discharge tar and other toxins. So, put the concerns away. You just need to stay firm on your decision in order to refrain from smoking. If you do experience other annoying signs and symptoms, seek advice from a doctor at the earliest.*

### Causes of Chest Congestion as well as Breathing in Difficulty Symptoms Treatment

Is difficult for a common guy to be able to judge whether the underlying cause of the aforementioned signs is level of acidity or something serious like heart attack. A delay in remedy (if the signs and symptoms indicate an impending heart attack) can lead to serious health outcomes. Neglecting the signs may even show to be fatal. The above symptoms, when noticed, should be considered as an emergency to rush to the hospital. If you have a problem in swallowing, then also, you should talk to your doctor right away.



### *“ 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.*

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