

Bronchitis

Bronchitis is an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs. Bronchitis can be acute (short-term) or chronic (long-term).

Frequent Signs & Symptoms

Cough is a common symptom of bronchitis, it may or may not produce mucus.

- Other symptoms may include
 - Soreness in the chest
 - Shortness of breath
 - Fatigue (feeling tired)
 - Mild headache
 - Mild body aches
 - Mild fever and chills
 - Sore throat

Causes

Most acute cases of bronchitis are caused by a viral infection of the upper airways, such as the common cold or the flu. Most chronic cases are caused from smoking.

Prevention

Helpful tips in preventing bronchitis include:

- Practice good hand hygiene
- Up to date on recommended Immunizations
- Don't smoke or vape
- Cover your mouth and nose when coughing or sneezing

Diagnosis

To diagnose bronchitis, your provider will ask about your symptoms and do a physical exam including listening to your lungs. They may also do a pulmonary function test where you blow into a device called a spirometer, this measures how much air your lungs can hold and how quickly you can get air out of your lungs. Your provider may also send you off campus for a chest x-ray in needed.

Health and Wellness Center
Doc Bryan Student Services Center,
Suite 119
1605 Coliseum Drive
Russellville, Arkansas 72801

Office: 479-968-0329
Fax: 479-967-6610
www.atu.edu/hwc

Treatment

Most cases of acute bronchitis get better without treatment, usually within a couple of weeks. Antibiotics aren't usually prescribed for bronchitis as most cases of bronchitis are caused by viral illness which antibiotics aren't indicated. Your provider may recommend over the counter medications such as cough medicine and decongestants

Activity

Some bronchitis symptoms may get worse with exercise. If shortness of breath, wheezing, uncontrolled coughing or dizziness occur, exercise should be stopped until you have recovered from bronchitis.

Complications

A single episode of bronchitis usually isn't cause for concern, it can lead to pneumonia in some people. Repetitive episodes of bronchitis, is considered chronic and may mean something more serious.

If symptoms worsen or do not improve, return to the clinic.

If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.

Additional Information: _____
