

Introduction

Bronchitis is not a fashionable disease. When I was young there were many people who used to suffer from it every year and at times during the year. What can we do about it? How can we prevent it? Can we stop it recurring once we have had the misfortune of suffering from it?

In this e-Book I am concentrating on the people who are most vulnerable to bronchitis and that is those who are pregnant and the young. I am not trying to scare you or your family but I am trying to pass on some straightforward advice to avoid any continuing problems of bronchitis..... more

Chapter 1

A healthy pregnant woman

Every woman's body faces many changes during pregnancy. The oxygen and nutrients she once consumed only for herself, and her well-being, now must be processed for herself and her unborn baby. Doctors treating a pregnant woman with any sort of respiratory difficulty becomes a conundrum for her doctors. The doctors have a series of balancing acts to perform in treating the woman and caring for her baby. Doctors must consider the physiological and anatomical alterations that the woman goes through during a pregnancy. They must strike a balance between the woman's needs and the needs of the fetus. They must also recognize that there is a greater vulnerability to disease for a pregnant woman. The doctor's management of a pregnant woman with bronchitis is made more complex with the unborn child and that individual's needs not to receive some of the medication intended for the mother alone..... more

Chapter 2

You are preparing for a momentous event. You are going to be bringing of a new life into the world. This will be the start of your family. The change from being a wife to being a mother is a big change and all sorts of things need to be prepared.

Prepare your home. Get rid of all those after effects of smoking. If you and your partner haven't already quit for ever, then do it now. The risks to the baby and you are too high to continue. Get rid of pollution. If you live near a factory that is putting out pollutants then move away from it. If your home is dusty, untidy and full of cobwebs get a cleaner to clean it for you or start today getting rid of anything that will irritate your lungs and affect the child, both before and after birth. Go through your bathroom regularly with a germ-killing disinfectant so you can be sure that all the surfaces you come into contact with are clean and stay that way..... more

Chapter 3

Let's now start looking at the dangers to infants from Bronchitis. Firstly let's define a new term Bronchiolitis. In simple terms this is the version of Bronchitis in infants but it is more than that. Bronchitis commonly occurs in adults as their airways become inflamed and block with sputum. Bronchiolitis occurs in infants when the airways between the chest and the lungs become inflamed. To understand this is quite simple as the bronchioles of adults are far larger than those of children and so it is easier for a child's to get blocked and trap viruses.

No one living in a home especially the parent can get a good night's sleep if the baby is persistently coughing or is having difficulty breathing. At first it may seem to be a cold or cough but is it something else. You may want to check if your baby is suffering from bronchiolitis..... more

Chapter 4

Infant bronchitis recognizing the symptoms

If a child has a cold then it can spread through the tubes of the lungs and develop bronchitis. Bronchitis can be very mild or it can develop and become very serious. Normally the infant will cough. The infant may be short of breath and as the infant breathes there will be noises or squeaks to accompany the breathing. If you spot the signs then get a doctor either to come to you or go to them.

Bronchitis is an infection in the upper respiratory tract. It often comes to light as a dry, hacking, persistent cough that can last for 2 or 3 days and a light fever. Chest pain and coughing can increase at night..... more

Chapter 5

Bronchitis is the scourge of childhood.

Bronchitis is nasty. You cough and bring up sputum and eventually it goes. The shortness of breath and the lack of freedom that go with it are horrible. So for your child's sake stop smoking now. If you are smoking when you are reading this then finish your cigarette, cigar or pipe full of tobacco and let that be the last one ever for the sake of your child and their long term health. If you find that the air quality in and around your home is bad then move away from the cause of the pollution and give your child the chance of being rid of the pollution. If you want to understand the problem then read on.

We have already looked at the difference between acute (short term) and chronic (long term) bronchitis in the introduction..... more

Chapter 6

The biggest problem with bronchitis is the fear that it brings to those around the child. When someone has known a friend or family member who has suffered with chronic bronchitis for years and has probably suffered the sleepless nights with them, the thought of someone young having bronchitis will cause worry and concern. A child even a baby can sense that concern and will react to it. So let's take things quietly and confidently forward. Let's remember that there are now fewer people smoking. There is less pollution and there is less necessity for infants and children to suffer from this.

The reason that bronchitis scares people is those who have had it for years and it doesn't go away as it is an inflammation of the person's lungs. For the vast majority of children this is not a chronic illness. They will get over it..... more

Conclusion

Acute bronchitis needs to be managed and dealt with and must not get the chance to become chronic or develop into pneumonia. I hope this little book has been helpful to you so that you can treat your child at home when necessary and take them to the doctor if the bronchitis is starting to take hold.

Get your child to Eat Healthily, Wash hands regularly and avoid smoky places.