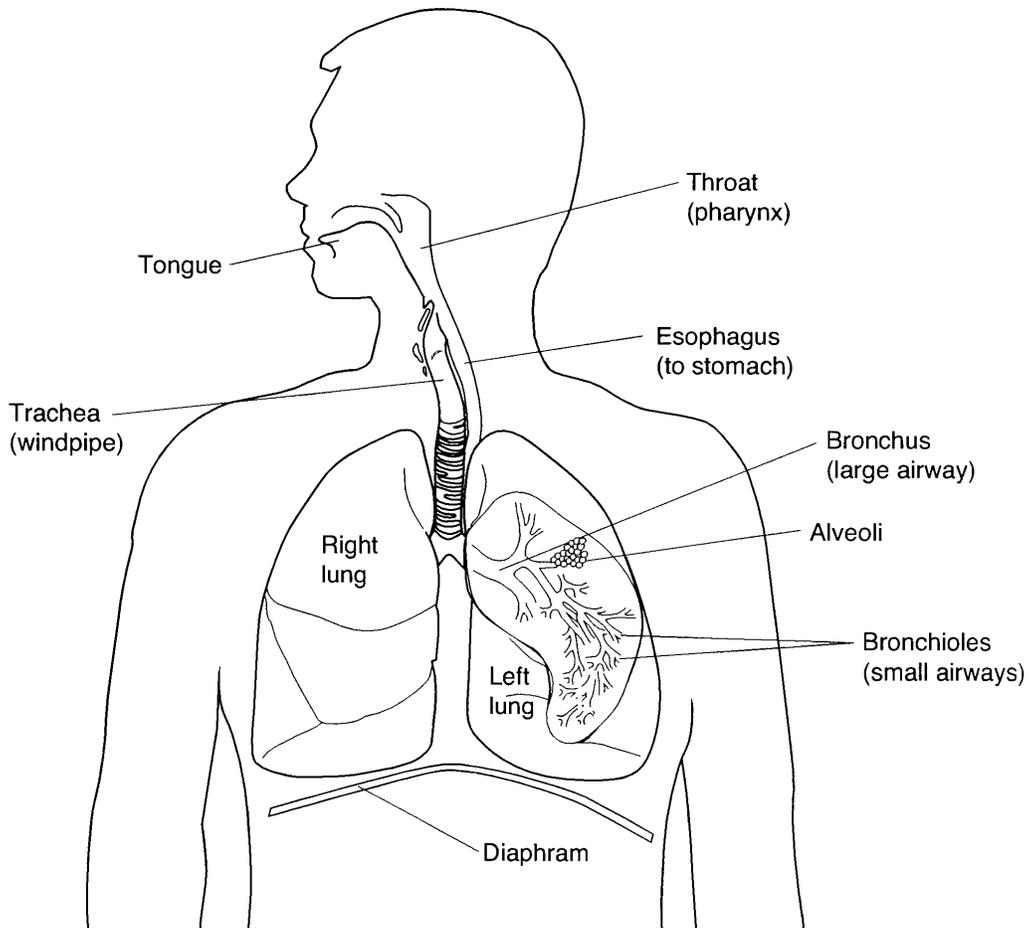


# Bronchitis

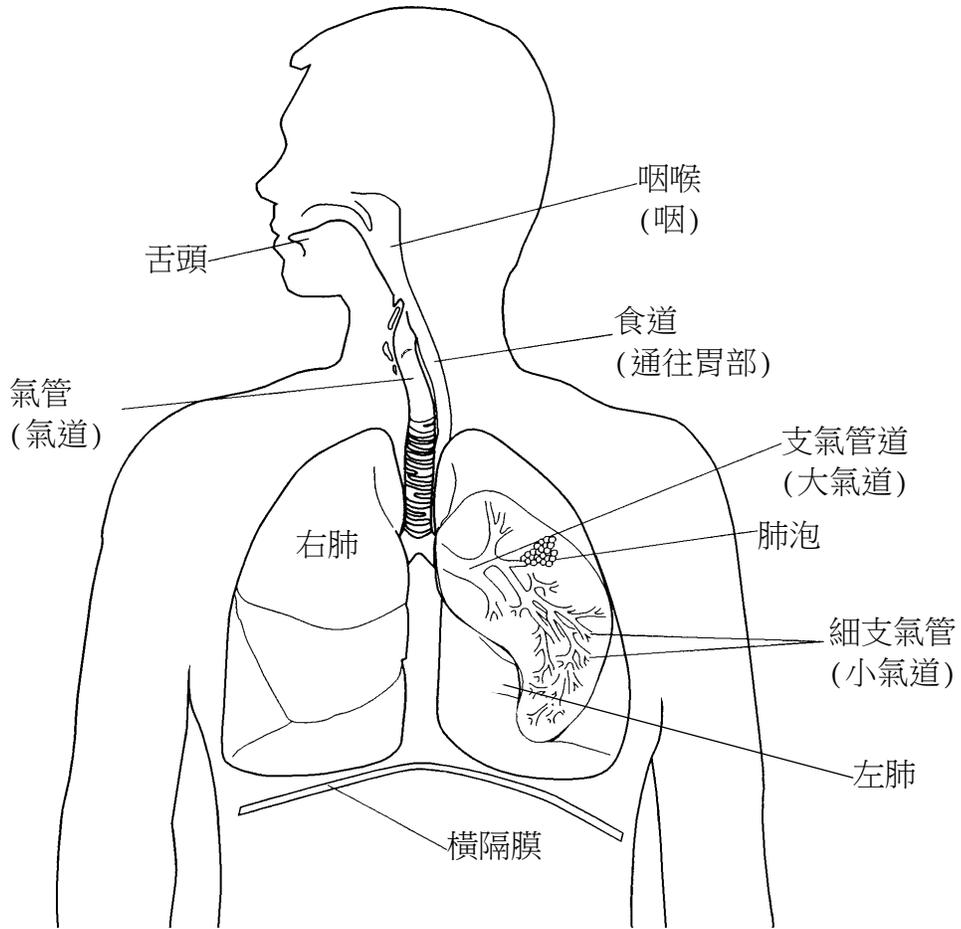
Bronchitis is swelling of the lining of the large airways called bronchi in the lungs. The swelling causes more mucus than normal to be made. This can block the airflow through the lungs and may damage the lungs.



Acute bronchitis lasts 2 to 4 weeks and can be treated.

# 支氣管炎

支氣管炎是肺臟中稱為支氣管的大氣道內壁腫大。腫大導致多痰。這可能阻塞肺部通氣並可能損害肺臟。



急性支氣管炎持續 2-4 個星期，可以治療。

Chronic bronchitis is a long-term disease of the lungs. It is one disease in a group of lung diseases called COPD or chronic obstructive pulmonary disease. The damage often gets worse over time and cannot be cured.

### **Signs of Bronchitis**

- A frequent cough
- Feeling tired
- Chest pain with coughing or deep breathing
- Noisy breathing
- Shortness of breath
- Body aches
- Fever or chills
- Sore throat
- Runny or stuffy nose

### **Causes of Bronchitis**

- Bacterial or viral infections
- Smoking
- Air pollution
- Allergy to something in the air such as pollen
- Lung disease such as asthma or emphysema

### **Your Care**

Your care may include medicines and breathing exercises to help you breathe easier. You may need oxygen if you have chronic bronchitis. Your care may also include:

- Avoiding colds and the flu.
- Drinking a lot of liquids to keep mucus thin.

慢性支氣管炎是一種長期肺病。它是一組稱為 COPD 或慢性阻塞性肺病的一種。損害經常會隨時間惡化，不能治癒。

## 支氣管炎徵兆

- 經常咳嗽
- 感覺疲累
- 咳嗽或深呼吸時胸痛
- 呼吸雜音
- 呼吸急促
- 身體痛
- 發燒或發寒
- 喉嚨痛
- 流鼻涕或鼻塞

## 支氣管炎的原因

- 細菌或病毒感染
- 抽菸
- 空氣污染
- 對空氣中的某物過敏，例如花粉
- 肺病，例如哮喘或肺氣腫

## 您的護理

您的醫療可能包括藥物和呼吸練習，以幫助您呼吸順暢一些。如果您有慢性支氣管炎，您可能需要氧氣。您的醫療也可能包括：

- 避免傷風感冒。
- 喝大量液體稀釋痰液。

- Using a humidifier or vaporizer.
- Using postural drainage and percussion to loosen mucus from your lungs. You will be taught how to do this.

## **To Breathe Easier**

- Quit smoking. The only way to slow the damage of chronic bronchitis is to quit smoking. It is never too late to quit.
- Do not drink alcohol. It dulls the urge to cough and sneeze to clear your air passages. It also causes your body to lose fluid, making the mucus in your lungs thicker and harder to cough up.
- Avoid things that irritate your lungs such as air pollution, dusts and gases.
- Sleep with your upper body raised. Use foam wedges or raise the head of your bed.

Call your doctor **right away** if you:

- Have chills or a fever over 101 degrees F or 38 degrees C
- Need to use your inhalers or breathing treatments more often
- Have more mucus, the color changes, or it becomes too hard to cough up
- Have a new or worsening gray or blue tint of your nails or the skin of your fingers or mouth
- Have trouble talking or doing your normal activities
- Have to use more pillows when sleeping or start having to sleep in a chair to breathe at night

Call 911 **right away** if you:

- Cannot get your breath
- Become confused, dizzy or feel faint
- Have new chest pain or tightness

**Talk to your doctor or nurse if you have any questions or concerns.**

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- 使用增濕器或噴霧器。
- 使用體位引流和叩診使您咳出肺部的痰液。有人會教您怎麼做。

## 要使呼吸較順暢

- 戒菸。減緩慢性支氣管炎損害的唯一方法是戒菸。什麼時候戒菸都不嫌遲。
- 不要喝酒。咳嗽和打噴嚏可清除氣道，而喝酒會使這種衝動遲鈍。喝酒也會使您的身體喪失液體，使肺部的痰液更粘稠，更難咳出。
- 避免刺激肺臟的東西，如空氣污染、灰塵和各類氣體。
- 睡覺時將上身抬高。使用泡沫楔或抬高您的床頭。

如有以下情形，請立刻打電話給您的醫生：

- 發寒或發燒高於華氏 101 度或攝氏 38 度
- 需要更常使用吸入器或呼吸治療
- 有更多痰液、痰色有變化或更難咳出痰液
- 指甲或手指或嘴巴的皮膚發灰或發青或情況惡化
- 說話或進行正常活動有困難
- 睡覺時必須用更多枕頭，或晚間必須在一張椅子上睡覺才能呼吸

如有下列情形，請立刻撥打 911：

- 不能呼吸
- 意識混亂、暈眩或覺得昏暈
- 新近開始胸痛或胸部發緊

如果您有任何疑問或顧慮，請告知您的醫生或護士。

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Bronchitis. Traditional Chinese.