

# 支气管炎

## 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.

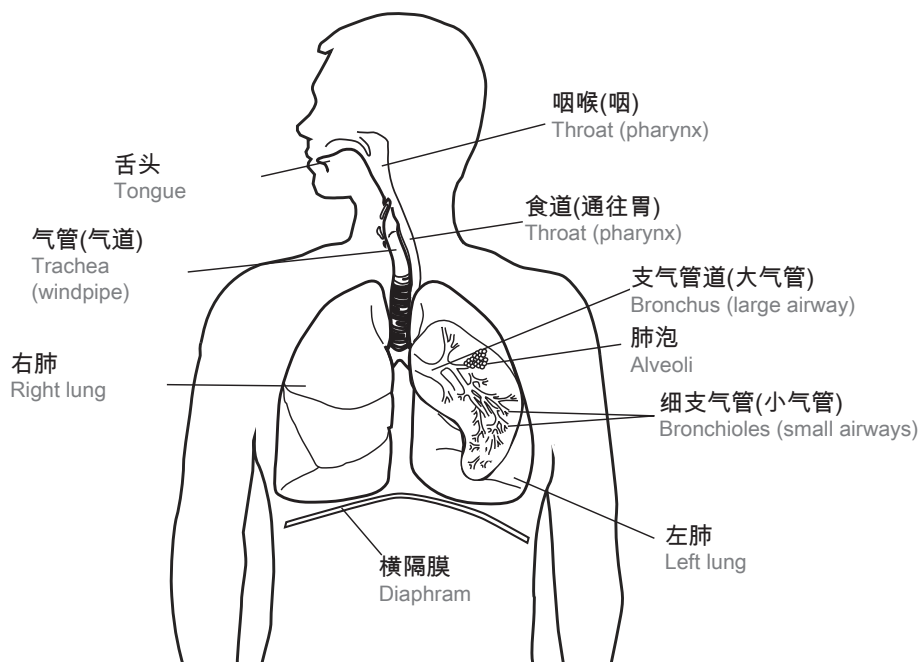
**Acute bronchitis** often starts to get better in days, but the cough may last 2 to 4 weeks. Over the counter medicines can help to control aches, fever and loosen mucus. Treatment by your doctor may not be needed unless you are not feeling better or you have more trouble breathing.

**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.

支气管炎是称为肺支气管的大气道内膜的肿胀。肿胀会引发气道分泌更多粘液。这可能会阻塞通过肺部的气流，并可能损伤肺部。

急性支气管炎通常在几天内开始好转，但咳嗽可能会持续 2 至 4 周。可以服用非处方药帮助控制疼痛、发烧和粘液松弛。除非您感觉不适或呼吸困难，否则可能不需要医生的治疗。

慢性支气管炎是一种长期的肺部疾病。这是 COPD (慢性阻塞性肺病) 肺部疾病类型中的一种。随着时间的流逝，这种损伤通常会变得更严重，无法治愈。



## Signs of Bronchitis

- A frequent cough, often with yellow or green mucus
- Feeling tired
- Chest pain with coughing or deep breathing
- Noisy breathing such as wheezing or whistling
- 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.
- Wash your hands well and often to lower your risk of infections.
- Drinking a lot of liquids to keep mucus thin.
- Using a humidifier or vaporizer.

## 支气管炎的症状

- 频繁咳嗽，常伴有黄色或绿色粘液
- 感到疲倦
- 咳嗽或深呼吸引起的胸痛
- 呼吸作响，例如喘息或喘鸣
- 呼吸急促
- 身体酸痛
- 发烧或寒战
- 咽痛
- 流鼻涕或鼻塞

## 支气管炎病因

- 细菌或病毒感染
- 吸烟
- 空气污染
- 对空气中诸如花粉之类的东西过敏
- 肺部疾病，例如哮喘或肺气肿

## 医疗护理

您的护理可能包括药物和呼吸运动，以帮助您更轻松地呼吸。如果您患有慢性支气管炎，则可能需要吸氧。您的护理可能包括：

- 避免感冒和流感。
- 经常彻底洗手，以降低感染风险。
- 饮用大量液体，保持粘液稀薄。
- 使用加湿器或蒸发器。

- Using postural drainage and percussion to loosen mucus from your lungs. You will be taught how to do this.
- Get a flu shot each year and talk to your doctor about getting the pneumonia vaccine.

## 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

- 通过体位引流和拍打，让肺部粘液松弛。医护人员将教您如何进行拍打。
- 每年接种流感疫苗，与医生讨论接种肺炎疫苗的问题。

## 呼吸更轻松

- 戒烟。减缓慢性支气管炎损害的唯一方法是戒烟。戒烟永远不会太迟。
- 切勿饮酒。饮酒时，您难以咳嗽和打喷嚏，因此难以清洁气道。饮酒还会导致您的身体失去水分，使肺部的粘液变稠，更难咳嗽。
- 避免诸如空气污染、灰尘和气体等刺激肺部的事情。
- 抬起上身睡觉。使用泡沫楔或抬起床头。

## 如果您有以下情况，请立刻致电医生：

- 寒战或发烧超过华氏 101 度或摄氏 38 度
- 需要更频繁使用吸入器或采用呼吸疗法
- 粘液增多、颜色改变或变得难以咳嗽
- 指甲、手指或口部的皮肤出现发灰，或灰化程度加重或发蓝
- 说话困难或难以进行日常活动
- 睡觉时必须使用更多枕头垫高，或者晚上不得不采用坐姿才能呼吸

**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.

**如有以下情形，请立刻拨打911：**

- 无法呼吸
- 感到混乱、头晕或晕眩
- 出现新的胸痛或胸闷

如果有任何疑问或担心，请咨询医生或护士。