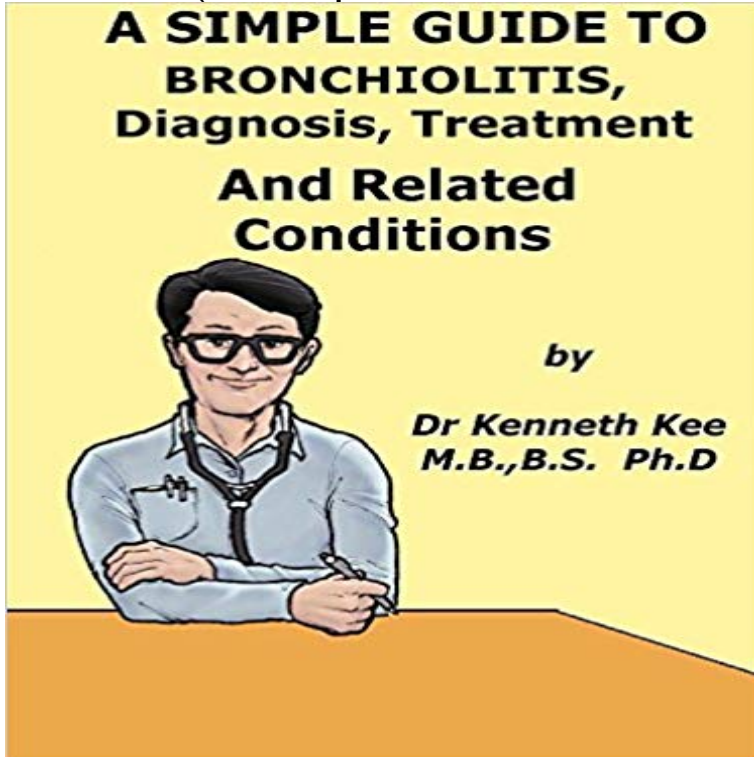


A Simple Guide to Bronchiolitis, Diagnosis , Treatment and Related Diseases (A Simple Guide to Medical Conditions)



Introduction Ode To Bronchiolitis
Bronchiolitis is a common disease of the small airways of the lower respiratory tract These are infected bronchioles that is confined to children than 2 years of age Bronchiolitis is characterized by a viral infection and inflammation The most common being the respiratory syncytial virus infection The bronchioles become edematous and fill with excessive airway secretions The small air tubes are filled with epithelial debris which cause air obstruction It is more common in males, children who have not been breastfed Other causes are exposure to cigarette smoke and attendance in childcare The infections that cause bronchiolitis are highly contagious through air and touch The germs can spread in tiny drops of fluid from an infected persons nose and mouth There is usually running nose, cough and difficulty in breathing There is mild fever, rapid heart beats and vomiting after coughing The best treatment for most children is adequate oxygen and hydration Those who are moderately or severely ill will need hospitalization A slightly upright position for a sick child may help ease labored breathing Most children with bronchiolitis make a full recovery and permanent healing -An original poem by Kenneth Kee Interesting Tips about the Bronchiolitis A Healthy Lifestyle 1. Take a well Balanced Diet 2. The best treatment for most children with mild bronchiolitis is time to recover and plenty of fluids. Infants with bronchiolitis may not feel like drinking so it is difficult to make a child drinks enough fluids. Small amounts of fluids should be given at more frequent intervals than usual. During winter, indoor air can dry out airways and make the mucus stickier. A cool-mist vaporizer or humidifier in the childs room is used to help loosen mucus in the airway and relieve cough and congestion. You must clean it daily with household bleach to

prevent mold build-up. Do not use hot-water and steam humidifiers, which can be hazardous and can cause scalding. Use a bulb syringe and saline (saltwater) nose drops to clear nasal congestion. Before feeding and sleeping will be the best times to do this. A slightly upright position for a sick child may help ease labored breathing. Paracetamol can be given to reduce fever and make the child more comfortable. If the child still do not improve or becomes worse admit to hospital for urgent treatment with oxygen and intravenous hydration. 3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body 4. Get enough rest and Sleep Avoid stress and tension 5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Chapter 1 Bronchiolitis Bronchiolitis is a common disease of the small airways of the lower respiratory tract called bronchioles that is confined to children than 2 years of age It is characterized by an inflammation and infection that affects the tiny airways, called the bronchioles, that lead to the lungs The main cause is the respiratory syncytial virus Introduction Chapter 1 Bronchiolitis Chapter 2 Causes Chapter 3 Symptoms Chap

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