



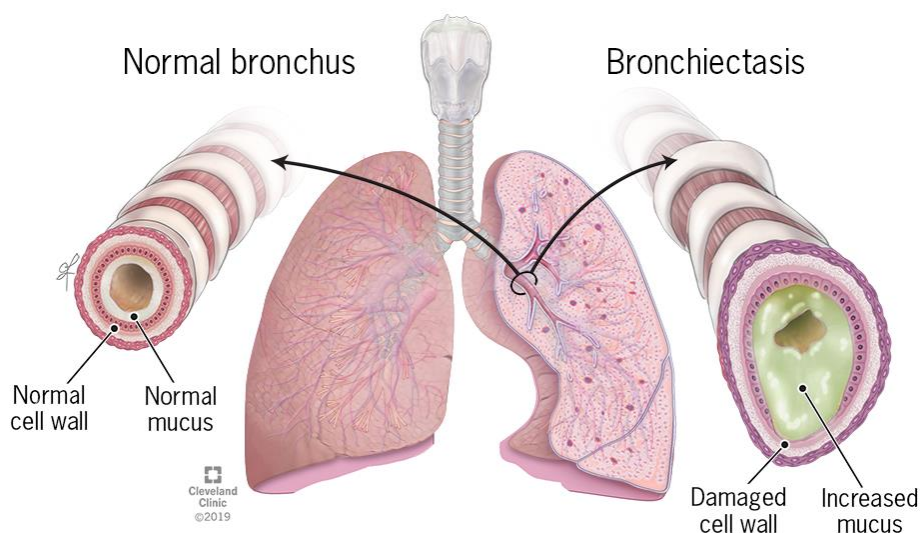
# Bronchiectasis

## Symptoms

- Coughing up yellow or green mucus daily
- Shortness of breath that gets worse during flare-ups
- Fatigue, feeling run-down or tired
- Fevers and/or chills
- Wheezing or whistling sound while you breathe
- Coughing up blood or mucus mixed with blood, a condition called hemoptysis
- Chest pain from increased effort to breathe
- Clubbing, or the thickening of the skin under nails

## What is Bronchiectasis?

Bronchiectasis is a long term lung condition that causes coughing up of mucus. In the lungs, the bronchi are the passages that allow air to enter the lungs. In bronchiectasis, the inside surfaces of the bronchi get thicker over time from inflammation that leave scars. Thicker walls cause mucus to collect in these passages because the walls are not strong enough to make the mucus move out of the lungs. In addition, the cilia (thin strands that look like hair and that help move mucus) are destroyed. When that happens, infections can happen more easily and breathing becomes difficult.



## Diagnosis

If your symptoms lead your doctor to suspect this disease, the following tests are likely to be ordered:

- ❖ Chest CT scan
- ❖ Blood tests and sputum cultures
- ❖ Lung function tests
- ❖ Bronchoscopy



# Treatment

## Risk Factors

People with the following conditions are considered to have risk factors:

- Cystic fibrosis
- Chronic and inflammatory lung disease
- Chronic or severe lung infections: tuberculosis, non-tuberculous mycobacteria, or pneumonia
- Deficits in the immune system
- Repeated aspiration (breathing in) of things other than air, such as food particles, that cause damage to the lungs.

Bronchiectasis cannot be cured, but it can be managed. You may be prescribed medications, the use of certain devices, or a combination of these methods.

### Medications

- ❖ Antibiotics: drugs used to treat bacterial infections. These include oral (pill) forms and inhaled forms (breathed in using a nebulizer machine).
- ❖ Macrolides: drugs used to treat infections and inflammations at the same time.
- ❖ Drugs that affect mucus and help you cough the mucus out.

### Airway Clearance Devices (break up mucus)

- ❖ Positive expiratory pressure (PEP) devices that you can hold in your hands
- ❖ Percussive devices like vests you can wear

### Physical Therapy

- ❖ moves like chest clapping to help move mucus out of the body

### Lifestyle Suggestions

- ❖ Quit smoking and avoid secondhand smoke.
- ❖ Maintain a healthy diet, low in sodium, added sugars, saturated fats, and refined grains.
- ❖ Stay hydrated, drinking plenty of water to help prevent mucus build-up.
- ❖ Be diligent about taking oral and inhaled medications and performing mucus clearance techniques daily.
- ❖ Staying up to date on vaccinations.
- ❖ Take antibiotics for one to two weeks during flare-ups.