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Acute Bronchitis

Acute bronchitis is an upper respiratory infection in a NON-smoker, that causes a cough and sometimes wheezing. It is usually caused by a virus, and therefore not treated with antibiotics, since antibiotics kill bacteria, not viruses.

Bronchitis can occur when an individual gets an infection called "whooping cough," but this is much less common. Most people get vaccines that prevent whooping cough, such as TDAP. You should check with your doctor to ensure that you are up to date on your whooping cough or pertussis vaccine.

The most common symptoms of bronchitis are:

1. Nagging cough that can last 4-6 weeks.
2. Coughing up mucus that is clear, yellow, or green. Other normal cold or flu symptoms, like a stuffy nose, sore throat, or headache can also be present. A fever is uncommon in bronchitis.
3. It is common for the cough to last longer than other cold or flu symptoms and to not usually require a visit to the doctor. The cough can take up to 3 weeks to get better, sometimes even longer.

Reasons to contact your doctor's office:

1. A fever higher than 100.4°F (38°C).
2. Chest pain when you cough, trouble breathing, or coughing up blood.
3. A barking cough that makes it hard to talk.
4. A cough and weight loss that you cannot explain.
5. Symptoms that are not getting better after 3 weeks.





There is no diagnostic test for bronchitis but your doctor may order a chest x-ray if the cause for the cough is unclear.

Bronchitis almost always goes away on its own, although it can take a few weeks.

To feel better, you can treat your cold and flu symptoms.

Different treatments you can try include:

1. Getting lots of rest and drinking plenty of liquids.
2. Avoiding tobacco smoke
3. Drinking hot tea
4. Sucking on cough drops
5. Taking over-the-counter cough and cold medicines
6. Breathing in warm, moist air from a humidifier
7. Taking pain relieving medicine such as acetaminophen or ibuprofen. If you have a cold or flu symptoms like headache, muscle aches, or joint pain.

You can reduce your chance of getting bronchitis again by washing your hands often with soap and water or using hand sanitizer.

In addition to washing your hands often, you should cover your mouth with your elbow when you sneeze or cough. Using your elbow keeps you from getting germs on your hands.

QPIC Corner

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Healthy Corner Recipe

<https://kristineskitchenblog.com/egg-salad/>

Easy Egg Salad

Prep Time: 10 min, Cook 15 min, Total Time 25 min

Serving Size: 4

Ingredients

- 6 large eggs
- ¼ c plain Greek yogurt
- 2 tsps. Dijon mustard
- ¼ tsp each of salt and pepper
- ¼ c finely chopped red onion

Directions:

1. Cook eggs: Fill a pot with cool water and add the eggs. Bring to a boil over medium-high heat. Cover the pot with a lid, turn off the heat and let stand for 14 minutes.
2. Immediately drain the hot water and fill the pot with cold water and ice. Let sit for 10 minutes and then peel the eggs.
3. Or, cook eggs in an Instant Pot.
4. In a large bowl, whisk together the Dijon mustard, plain Greet yogurt, salt and pepper.
5. Chop the eggs and add them to the bowl, along with the chopped red onion.
6. Stir until well combined.
7. Taste and season with additional salt and pepper if needed.
8. Serve egg salad in a sandwich with lettuce, on toasted bread topped with sliced avocado, or in a lettuce wrap.

Chef's Note:

Store egg salad in a covered container in the refrigerator for up to 3 days.

Kristine's Kitchen, Easy Egg Salad, October 5, 2018

Nutrition

Serving: ¼ recipe, Calories: 135kcal, Carbohydrates: 3g, Protein: 11g, Fat: 8g, Saturated Fat: 3g, Cholesterol: 281mg, Sodium: 307 mg, Sugar: 2g

