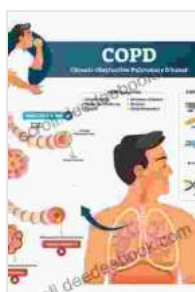


# Cough: Pathophysiology, Diagnosis, and Treatment

Cough is a common symptom that can be caused by a variety of underlying conditions. It is a reflex that helps to clear the airways of mucus, dust, and other irritants. However, excessive or persistent coughing can be a sign of a more serious medical condition.



## Cough: Pathophysiology, Diagnosis and Treatment

by Donatella Mutolo

★★★★☆ 4 out of 5

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Text-to-Speech : Enabled

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Enhanced typesetting: Enabled

Print length : 315 pages

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## Pathophysiology of Cough

The cough reflex is initiated by the stimulation of receptors in the airways. These receptors can be stimulated by a variety of factors, including:

\* Mucus \* Dust \* Smoke \* Pollutants \* Infections \* Inflammation \* Acid reflux

When these receptors are stimulated, they send signals to the brain, which triggers the cough reflex. The cough reflex is a complex process that

involves the contraction of the diaphragm and intercostal muscles. This contraction forces air out of the lungs, which helps to clear the airways.

## **Diagnosis of Cough**

The diagnosis of cough begins with a thorough history and physical examination. Your doctor will ask you about your symptoms, including:

- \* When the cough started
- \* How often you cough
- \* What makes your cough worse
- \* What makes your cough better
- \* If you have any other symptoms, such as fever, shortness of breath, or chest pain

Your doctor will also perform a physical examination to look for any signs of underlying medical conditions, such as:

- \* Wheezing
- \* Rales
- \* Cyanosis
- \* Clubbing

Your doctor may also order some tests to help diagnose the cause of your cough, such as:

- \* Chest X-ray
- \* Pulmonary function tests
- \* Sputum culture
- \* Blood tests

## **Treatment of Cough**

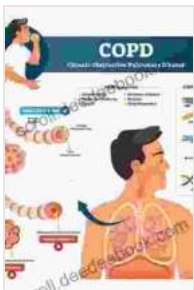
The treatment of cough depends on the underlying cause. In some cases, no treatment is necessary. However, if your cough is caused by an underlying medical condition, your doctor will recommend treatment to address the underlying condition.

Some common treatments for cough include:

\* Over-the-counter cough suppressants \* Prescription cough suppressants  
\* Inhalers \* Antibiotics \* Antihistamines \* Decongestants \* Mucolytics \*  
Expectorants

In some cases, surgery may be necessary to treat the underlying cause of cough.

Cough is a common symptom that can be caused by a variety of underlying conditions. The diagnosis and treatment of cough depends on the underlying cause. In most cases, cough is a minor annoyance. However, if your cough is excessive or persistent, it is important to see your doctor to rule out any underlying medical conditions.



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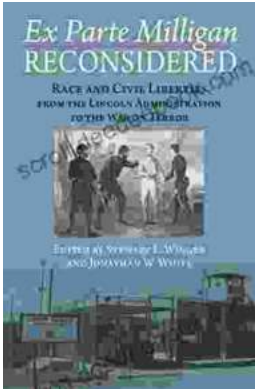
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