

Your Weekly Medical Advice

by Red Akram

"Committed to the care of our patients and community"


euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Acute Bronchitis

One common cause of a cough is acute bronchitis, which is the sudden onset of swelling and irritation of the large tubes that carry air to the lungs.

It is often caused by viral infections, but may also be the product of air-borne pollutants, such as chemical fumes, dust and smoke. This leads to a nagging cough, which usually subsides within 2-3 weeks but can sometimes persist for several weeks after.

Other symptoms include wheezing, breathlessness, fever and a feeling of discomfort or pressure behind the sternum.

Antibiotics are not routinely needed as viral infections usually resolve on their own. However, it may be prescribed for those with a poor immune system whose illness may be complicated by a bacterial infection.

Several self-help measures can alleviate symptoms and aid recovery:

- Resting in a warm, well-ventilated room
- Taking paracetamol for fever or chest discomfort
- Taking cough medicine for a non-productive cough
- A heat pack or warm water bottle placed on chest to relieve discomfort
- Steam inhalations using a mentholated preparation to clear your nasal and bronchial passages

Seek medical assistance if you have increased shortness of breath, high fevers and chills, chest pain, dark coloured and/or bloody sputum, vomiting or any other concerns.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au