



Asthma
Environmental Allergies
Sinusitis
Urticaria
Food Allergies
Insect Allergy
Atopic Dermatitis
Contact Dermatitis
Drug Allergy
Immunodeficiency
Occupational Allergy
Anaphylaxis
Bronchitis
Chronic Cough
Allergic Rhinitis
Immunotherapy

Bronchitis

Every time you breathe in, air enters your nose and mouth. It flows down your throat and into a series of air passageways called bronchial tubes. Those tubes need to be open for the air to reach your lungs, where the oxygen is passed into the blood to be transported to your body's tissues.

If the airways are inflamed, air has more difficulty getting to your lungs. With less air getting in, you can feel short of breath. You may wheeze and cough in an attempt to draw in more oxygen through tightened passageways.

What Is Asthma?

Asthma is a chronic disease of the airways that makes breathing difficult. With asthma, there is inflammation of the air passages that results in a temporary narrowing of the airways that carry oxygen to the lungs. This results in asthma symptoms, including coughing, wheezing, shortness of breath, and chest tightness. If it is severe, asthma can result in decreased activity and inability to talk. Some people refer to asthma as "bronchial asthma." Even though there are seemingly miraculous treatments...

Bronchitis and asthma are two inflammatory airway conditions. Bronchitis is inflammation of the airways that is usually caused by viral or bacterial infections. Chronic bronchitis can be triggered by long-term exposure to environmental irritants such as tobacco smoke, dust, or chemicals.

Asthma is an inflammatory condition that leads to tightening of the muscles around the airways and swelling, which cause airways to narrow. When the two conditions coexist, it is called asthmatic bronchitis.

What Causes Asthmatic Bronchitis?

There are many triggers that may initiate the release of inflammatory substances. Common asthmatic bronchitis triggers include:

- Tobacco smoke
- Pollution
- Allergens such as pollen, mold, dust, pet dander, or food (and food additives like MSG)
- Chemicals
- Certain medications (aspirin, beta-blockers)
- Exercise
- Weather changes (for example, cold weather)
- Viral or bacterial infections
- Strong emotions (laughing or crying)

Source: <http://www.webmd.com/asthma/asthmatic-bronchitis-symptoms-treatment>

120 Bethpage Road, Suite 310, Hicksville, NY 11801
267-01 Hillside Ave 2nd Floor, Floral Park, NY 11004
3227 Long Beach Road, Suite 1, Oceanside, NY 11572
431 Beach 129th Street, Belle Harbor, NY 11694
820 Suffolk Avenue, Brentwood, NY 11717
373 Main Street, Babylon, NY 11702
110 East 40th Street, 2nd FL., Manhattan, NY 10016



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What Are the Symptoms of Asthmatic Bronchitis?

The symptoms of asthmatic bronchitis are a combination of the symptoms of bronchitis and asthma.

You may experience some or all of the following symptoms:

- Shortness of breath
- Wheezing
- Cough
- Chest tightness
- Excess mucus production

You might wonder, is asthmatic bronchitis contagious?

Bronchitis itself can be caused by a virus or bacteria, which are contagious.

However, chronic asthmatic bronchitis typically is not contagious.

Visiting Your Doctor

If you've been experiencing symptoms like those listed above, make an appointment with your doctor. After going through a series of questions about your symptoms and taking a medical history and physical exam, your doctor may order tests such as:

- **Spirometry.** A test that measures lung function as you breathe in and out of a mouthpiece that is attached to a device called a spirometer.
- **Peak expiratory flow.** A test that measures the force of air you breathe out (exhale) into the mouthpiece of a device called a peak expiratory flow meter.
- **Chest X-ray.** A radiology test that produces images of the chest to look for evidence of other conditions that could be causing your cough and breathing problems.

If you think you might have Bronchitis or Asthmatic Bronchitis, Please don't hesitate to call us for an appointment at (516) 822-6655

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