E-ISSN : 2181-4341
https://wordlyknowledge.uz
IMPACT FACTOR(SJIF) : 3,934

# Causes and prevention of bronchiectasis

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**Summary:** Symptoms of bronchiectasis may not appear until months or even years after the changes in your lungs begin. At first, you may experience periodic effects of the situation. Symptoms occur when there is more stress on the lungs than usual, such as with a lung infection or during exercise.

**Keywords:** Exercise intolerance, Dyspnea, Wheezing, Recurrent lung infections, Haemoptysis (coughing up blood), Finger spurs.

Common symptoms of bronchiectasis may include:

- Chronic cough that gets worse when lying down
- Thick, foul-smelling sputum when coughing
- Dyspnea (shortness of breath)
- Intolerance with exercise, shortness of breath
- Snoring
- Recurrent lung infections
- Hemoptysis (coughing up blood)
- Spears of the fingers

If you experience these symptoms, you should seek medical attention. Lung infections may not improve without treatment such as antibiotics.

Over time, the effects of bronchiectasis can affect your quality of life and limit your ability to walk or walk without breathing at all. Weight loss, fatigue, weakness, and pain during breathing may occur.

Symptoms of bronchiectasis

**Reasons**

Inflammation and infection can cause the dilation (dilation) of the airways that characterizes bronchiectasis. When this happens, excess mucus begins to accumulate in the enlarged areas.

Damage to the cilia, the finger-like lining of the airways that clears mucus and debris, can cause obstruction. Because of this, phlegm cannot be cleared easily, it sits in the lungs, becomes a breeding ground for bacteria and causes lung infections.

Lung damage leading to bronchiectasis can occur as a result of a congenital lung condition or respiratory disease.

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Common causes include:

1. **Cystic Fibrosis (CF)** : A genetic disorder characterized by progressive enlargement of the lungs and other organs with abnormal mucus production in the lungs and digestive tract.
2. **Respiratory infections:** Severe or recurrent pneumonia or influenza, especially in childhood, can cause permanent lung damage. Measles or tuberculosis are closely related to bronchiectasis.
3. **Inflammatory conditions:** Allergies, asthma, and autoimmune conditions can cause bronchiectasis, a thickening of the airways.
4. **Cilia Disease:** Cilia can be damaged by airborne toxins, including cigarette smoke and environmental pollutants. Primary ciliary dyskinesia is a genetic condition that causes increased mucus and inflammation, resulting in bronchiectasis.
5. **Airway obstruction:** Your airway may be blocked by an object (such as a food particle) or a tumor. You may be prone to airway obstruction due to a weakened cough reflex after surgery.

**Diagnosis**

Diagnosis of bronchiectasis consists of anamnesis, physical examination and diagnostic tests. If you have symptoms, your doctor will evaluate factors such as whether your condition is getting progressively worse and whether you are having episodic flare-ups.

Your physical exam will include breath sounds, as well as an assessment of your breathing rate, heart rate (pulse), and blood pressure. The doctor will also monitor your breathing to determine if you are having trouble breathing.

Investigate bronchiectasis in otherwise healthy people who have been coughing for more than eight weeks, especially if there is an increase in mucus and/or if the cough is worsened by dust, smoke, or other triggers.

In addition to your physical exam, your doctor may order certain tests to evaluate for bronchiectasis, such as:

- **Imaging tests** : May include a chest X-ray or a computed tomography (CT) scan of the chest.
- **Lab tests** : You may need an arterial blood gas, which measures the amount of oxygen, carbon dioxide, and bicarbonate in the blood. Sputum cultures are used to identify microbial organisms that can grow and cause respiratory tract infections.
- **Specialized tests** : Pulmonary function tests measure how much air you can inhale (breathe in) and exhale (breathe out). A pulmonary diffusion test compares the amount of carbon monoxide in inhaled air; the ability to process carbon monoxide is a measure of lung strength and health.. Pulmonary plethysmography assesses your lung capacity.

Diagnosis of bronchiectasis

**Treatment**

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Although the condition cannot be cured, most people with bronchiectasis are able to lead normal and active lives. There are several goals when it comes to treating your bronchiectasis.

Treating and preventing infections is an important part of management. Keeping excess secretions comfortable and draining from your lungs is another therapeutic goal. Prevention of further complications is the main feature of bronchiectasis treatment.

The course of treatment can vary from person to person, with some people responding better than others. A 2015 review published in *the Cochrane Database of Systematic Reviews* found no clear evidence that any treatment is universally beneficial.

Therefore, you may need the expert opinion of a qualified pulmonologist to tailor treatment methods that suit you individually.

Treatment options include:

- **Lifestyle approaches** : Avoiding respiratory irritants includes avoiding smoking, secondhand smoke, air pollution, and workplace exposure to toxins.
- **Breathing medications** : Bronchodilators, expectorants, decongestants, and expectorant medications help you breathe and reduce mucus in the lungs.
- **Infection management** : If you have an infection, you may need antibiotics. Getting a yearly flu shot is important because bronchiectasis makes you more susceptible to infections, such as the flu.
- **Interventional therapy** : Routinely scheduled procedures to relieve sputum production in bronchiectasis include postural drainage and chest physiotherapy. If your blood oxygen levels are low, you may need oxygen therapy.
- **Surgical lung resection** : This is not a common treatment for bronchiectasis, but may be necessary in severe lung disease.

is an irreversible condition of the bronchi , which gradually leads to expansion and deformation (acquired defect) of the bronchial walls. A chronic purulent -inflammatory process develops in the bronchial tree .

occurs in 0.5-1.5% of the population, especially in children and young people (from 5 to 25 years old). Bronchiectosis has a recurrent nature and is accompanied by persistent cough wit h sputum.

**Types of bronchiectasis**

Congenital defects in the development and branching of the bronchi (congenital bronchi ectasis) occur in 6 percent of cases. Congenital bronchiectoses are observed in Kartegenera's syn drome (inverted position of organs), as well as in sinusitis and male infertility.

Several factors play an important role in the development of congenital bronchiectasis .

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For example:

- A woman drinks alcohol and has a viral infection ;
- mainly in children with chronic diseases of the upper respiratory tract (sinusitis, chronic purulent tonsillitis, adenoids) .

**Causes of bronchiectasis**

To date, the causes of bronchiectasis have not been fully studied. However, genetic wea kness of the bronchial wall, insufficient development of the smooth muscles of the bronchi, defic iency in the bronchial tissue, lack of protective function have been found to lead to mechanical d amage and damage to the bronchial wall.

Frequent recurrent infectious inflammatory diseases in young children, especially staph ylococcal, streptococcal, hemophilic bacilli, anaerobic infections can gradually cause the formati on of bronchiectasis.

It is also important to note that bronchial obturation (clogging) limits the secretion of th e bronchi, and this secretion remains in the distal areas, the permeability of the bronchi is disturb ed, and ultimately, negative changes occur in the mucous, submucosa, and deep layers of the bro nchi.

Cough with copious amounts of sputum, especially in the morning, mixed blood in the s putum, increased body temperature, spitting blood and bleeding from the lungs, chest pain are sy mptoms of bronchiectasis. Patients' fingers are shiny like "drumsticks " and nails are "like hourgl asses".

**Diagnosis of bronchiectasis**

Two conditions are considered when diagnosing bronchiectasis:

the straight and lateral projection X-ray, the image of the lung is cellular and deformed: areas of atelectasis, the damaged segment is reduced.

Bronchography is the most reliable and effective method , this examination helps to determine the distribution, location, type of bronchiectasis.

**Treatment of bronchiectasis**

the exacerbation of the disease , it is mainly aimed at reducing the purulent inflammator y processes of the bronchial tree. For this purpose, antibiotic therapy and bronchoscopic drainage are carried out. Antibiotics are administered parenterally (intravenously, intramuscularly) and in trabronchially. Cephalosporins, semisynthetic penicillins, gentamicins are prescribed for the treat ment of chronic bronchial inflammation . For drainage of the bronchial tree (a method of removi ng unnecessary fluid), the patient should lie in a position with the side of the leg raised , which fa cilitates the release of sputum. In order to improve phlegm movement, expectorant drugs, alkalin e water, chest massage, breathing gymnastics inhalation, chest electrophoresis with medicines ar e prescribed.

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