Shortness of Breath

**Definition:** Breathing is accompanied by effort and struggle and shortening of the person's breath and is accompanied by a feeling of shortness of breath.

It is a common symptom in many cardiac and lung diseases.

Shortness of breath may sometimes be due to neurological or neuromuscular diseases.

**Importance:**

In general, people with acute lung disease develop more severe dyspnea than chronic lung disease. (Acute lung disease such as lung infection and chronic lung disease such as asthma)

In infectious diseases of the lungs, shortness of breath is more severe than asthma.

Occasionally there may be wheezing, which indicates a shortness of the patient's respiratory system. For example, if the patient's lungs make a wheezing sound similar to that of a samovar, an infection within the patient's lungs should be suspected and a doctor should be consulted immediately.

**Risk factors:**

- Smoking (the most dangerous factor)
- Family history
- Occupation
- Sensitivity and environmental pollution
- Use of hookah
- Addiction

**Reducer Measures:**

It is necessary to identify the cause of shortness of breath and correct it. Sometimes changing the position of patient from lying to sitting or when the head is placed up can improve the symptom, and in cases of severe shortness of breath, oxygen should be prescribed.

Shortness of breath can be a dangerous sign.

People often do not consider shortness of breath a serious symptom, especially in those with a history of cardiac disease (old age, diabetes, high blood pressure, high cholesterol) and people who do not have lung disease, perhaps shortness of breath is the only sign of serious cardiovascular disease.

**Treatment of shortness of breath:**

- The treatment for shortness of breath is basically trying to use the existing capacity of the lungs with exercise, medication or surgery.
- Keep fit, rapid walking three times a week for 20 minutes is enough (obesity causes shortness of breath and difficulty breathing)
- After inhaling through the nose, close your lips and slowly exhale. This type of breathing is bud-lip breathing and improves breathing in people with lung disease.
- Swim, swimming is a good exercise for patients with shortness of breath, especially patients with asthma.
- Avoid taking medication or spray arbitrarily to treat shortness of breath.
- Avoid smoking and being in contaminated places.
- It is better to eat foods that do not contain irritants (spices, coffee, soft drinks and sour substances).
- Taking 2-3 liters of fluids daily dilutes respiratory secretions.
- Refer to your doctor if you have any shortness of breath that you have not experienced before.
- If there is sputum with shortness of breath, it is better to use fumigation.
- Learn from your nurse how to effectively cough and breathe deeply to remove pulmonary secretions.

If you have any questions or ambiguities, call the following number:

023-3422223, Motamedi Hospital