

June 21th | National Asthma Control Day

Get to know the difference between Asthma, Bronchitis and Bronchiolitis

ASTHMA, BRONCHITIS AND BRONCHIOLITIS ARE ILLNESSES THAT CAUSE SIMILAR BREATHING PROBLEMS SUCH AS BREATHLESSNESS, COUGHING, CHEST DISCOMFORT, WHEEZING (SHARP WHISTLING DURING RESPIRATION) AND EXPECTORATION.

Learn the difference between them:

Asthma

It is a chronic inflammatory disease of the airways, characterized by hyperreactivity of the bronchi and bronchioles with bronchospasm. It affects 235 million people worldwide and it is a common condition among children.

Causes

The causes are not yet fully understood, but it's believed that it's linked to the combination of the following factors:

- Genetic predisposition
- Dust mites (living in the dust from the house and objects)
- External allergens such as pollen and mold
- Cigarette Smoke
- Chemical irritants
- Air pollution

Bronchitis

It's an inflammation of the bronchi, which may be acute or chronic.

Causes

Acute bronchitis is usually caused by viruses or irritant agents such as cigarette smoke, pollution and dust. It can last between three to ten days.

Chronic bronchitis belongs in the COPD (Chronic Obstructive Pulmonary Diseases) category and can last more than three months. Smoking is the main cause.

Bronchiolitis

It's a viral infection that happens among toddlers, affecting the bronchioles, which are sub-branches of the bronchi, the structures that distribute air into the lungs.

Causes

Respiratory viruses. The main one is the Respiratory Syncytial Virus (RSV).

Treatment

The treatment for asthma and chronic bronchitis mainly focuses on managing symptoms, providing relief and preventing attacks.

Bronchiolitis and acute bronchitis, on the other hand, are conditions that have a benign evolution, they often get better without the need for a specific treatment.

Epiglottitis

Larynx

Pharynx

Trachea

Bronchus

Bronchiole

