What to Do When You Have a Relentless Chronic Cough

(StatePoint) A chronic cough isn't just a nuisance, it can adversely impact quality of life. Chronic coughing can cause lack of sleep, increased anxiety and depression, impaired work productivity and social stigma. Defined as a cough lasting eight weeks or longer, chronic cough impacts an estimated 5% of people in the United States.

People living with a chronic cough may experience spasms sometimes called "spells," "fits" or "bouts." These sudden, often intense and uncontrollable coughing episodes can last several minutes, and may cause chest pain, vomiting, difficulty breathing or bladder leakage.

Some people suffer from unexplained chronic cough. Paulette N. spent years searching for answers for her chronic cough. "Everything they told me to do, I would do." Nevertheless, she sometimes coughs in bouts that disrupt her quality of life, and remains anxious about when the next episode will occur. "Will I start coughing on a plane or at the movies? It's always on my mind," she says.

For others, chronic cough is linked to their interstitial lung disease. Mitch F.'s late father Irv was diagnosed with idiopathic pulmonary fibrosis (IPF), a type of interstitial lung disease. And like many others living with IPF, Irv had a debilitating chronic cough. Mitch recalls "relentless coughing" that impacted his dad. "He was always trying to clear his lungs. He couldn't breathe."

"Maybe the hardest part is that the cough is a constant reminder that my lungs aren't healthy," says Rick M., who is living with interstitial lung disease. Rick's diagnosis of pulmonary fibrosis is hard on its own, limiting his physical activity and making it harder to do the things he loves. "But I still persevere. I have to keep moving forward and not let the disease or the cough define me."

The American Lung Association, with support from Trevi Therapeutics, Inc., recognizes World Chronic Cough Day. Launched by the Global Allergy & Airways Patient Platform, the day is dedicated to giving people living with chronic cough a stronger voice and increased understanding of the condition, and encouraging people with a persistent cough to seek appropriate medical support. Here's what the Lung Association wants you to know this World Chronic Cough Day and beyond:

Types of Cough Differ: Paulette and Rick have persistent dry coughs – ones that don't produce mucus or phlegm. Unlike a productive cough, which can help clear irritants or phlegm out of your airway, their coughs do not offer physical relief. Like other types of chronic cough, they can be exhausting, embarrassing and physically uncomfortable.

Treatment: While there are currently no FDA-approved chronic cough treatments, clinical trials are underway to help identify and test new therapies. "My hope is that there will be help and comfort for people like me in dealing with this cough that seems to take control of my life," says Paulette.

Take Action: Talk to your healthcare provider if you have a cough that has lasted for eight weeks or longer to determine if there is an underlying cause. And if you have a loved one who has a chronic cough, talk to them about steps they can take to help make living with a chronic cough easier.

The Lung Association offers broad Chronic Cough Resources, including patient stories, fact sheets, videos—featuring patient and physician perspectives—a Diagnosis Roadmap, an online support community, and a Chronic Cough Quiz. The free Lung HelpLine offers expert chronic cough information or support by phone, web chat or email. Learn more about chronic cough at Lung.org/chronic-cough.

While chronic cough can be frustrating, understanding it is the first step toward breathing easier.

acupuncture works
Acupuncture & Herbal Medicine

• Specializing in treating the root cause of musculoskeletal, orthopedic and neurological conditions with EXSTORE method and dry needling.
• Traditional herbal medicine for natural healing and Thai Bodywork, Swedish and pre-post natal massage services available.

PATRICIA HERAGHTY, LAc., O.T.
132A State Route 37
New Fairfield, CT 06812
203.297.5399

acute & chronic pain musculoskeletal neurological disorders diabetes & neuropathy circulatory conditions arthritis whiplash concussion headaches & migraines respiratory disorders anxiety insomnia depression stress addictions autoimmune conditions gastrointestional disorders gynecological & genitourinary disorder chemotherapy and radiation side effects infertility morning sickness

www.acupuncturefeelsgood.com • acupunctureworks132@gmail.com

What You Need to Know About COPD

(StatePoint) There are over 16 million people in the United States living with chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, and an estimated millions more living with the disease undiagnosed. COPD is a progressive, chronic lung disease that limits air flow, and results in 925,000 emergency room visits and 335,000 hospitalizations each year.

This November, which is COPD Awareness Month, the American Lung Association is sharing essential facts and insights about COPD that you need to know.



Early Detection:

COPD can worsen over time, particularly if it's left untreated. That's why it's important not to ignore warning signs. Common signs and symptoms of COPD include shortness of breath, a cough that may bring up sputum or mucus, wheezing, chest tightness, fatigue, or reoccurring lung infections like acute bronchitis or pneumonia. If you're experiencing symptoms, don't wait to see your healthcare provider. The earlier you are diagnosed, the sooner treatment can begin, which can help slow progression of the disease and ease symptoms. Find out your risk with a five-question survey at Lung.org/COPD.

Living With COPD:

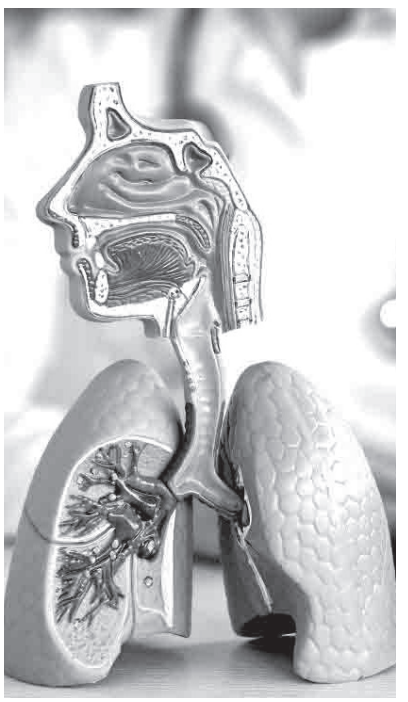
There is no cure for COPD; however, there are treatments and lifestyle changes that can help improve symptoms, quality of life and reduce your risk of hospitalization. If you are diagnosed with COPD, the Lung Association recommends the following:

• Learn about COPD. Find trusted information to help you

Continued on next column

Continued from previous column

understand your diagnosis, how to manage your symptoms and available treatment options.



• Attend your medical appointments and talk to your provider about a COPD Action Plan. Ask questions and discuss your concerns with your healthcare provider.

• Follow your treatment plan. Take your medications and use supplemental oxygen as prescribed. Attend pulmonary rehabilitation if recommended by your provider.

• Take steps to live better with COPD. Steps can include quitting smoking or vaping, staying active, and getting recommended vaccines that protect against infectious respiratory diseases like the flu.

• Learn ways to prevent or reduce your risk of a COPD flareup or exacerbation. Recognize what makes your COPD symptoms worse, including COPD triggers such as exposure to secondhand smoke, strong odors or fumes, changes in weather or temperature, and illness.

• Follow your COPD Action Plan and watch for warning signs of a COPD exacerbation like worsening shortness of breath and cough, more mucus, lower oxygen levels, more fatigue and difficulty sleeping.

• Take time to recover from a COPD exacerbation, especially if you are coming home from the hospital. Follow your discharge plan, schedule a follow-up appointment with your healthcare provider and know when to seek emergency care again.

Getting Support

You do not have to navigate COPD alone. Build a support team of family, friends and healthcare providers, and do not hesitate to ask for help when you need it. Whether you are newly diagnosed, living with COPD, or caring for someone with the disease, support is available to help you prepare for medical appointments and advocate for your health.

A Lung Health Navigator can meet with you for free over the phone or through online video calls and help you understand your diagnosis, provide strategies to reduce your risk of a COPD flare up and discuss treatment options. Learn more at Lung.org/navigator.

For additional support, join the Patient & Caregiver Network, attend a Better Breathers Club support group, and register for an online support community through the Lung Association. Learn more at Lung.org/navigator.

While there is no cure for COPD, you can take steps to live better with the disease. It starts with early detection and continues with education and a commitment to proper disease management.

EARLY DEADLINE
SUNDAY, NOV. 22

FOR OUR COLOR THANKSGIVING ISSUE TO BE DELIVERED WED., NOV. 25

Center for Pediatric Medicine
Our Family Caring For Yours

BIG CARE
for the littlest of patients



At Center for Pediatric Medicine, our family takes pride in caring for yours. Since 1992, we have provided families in the Greater Danbury area with high-quality, comprehensive, and personal medical care for children, adolescents, and young adults, birth through 21.

OUR PROVIDERS

Ana Paula Machado MD
Poonam Bherwani MD
Pushpa Mani MD
Krishanthi Satchi MD
Nicholas Tzakas MD
Maryam Azizi MD
Aparna Madisetty MD
Dayna Nethercott PA-C
Brigette Vanegas PA-C
Susan "Sue" DeMelis-Turotsy PA-C
Ashlee Mattutini APRN
Jennifer Handau APRN
Navadi Nieves APRN
Lisa Boulé APRN, CPNP, IBCLC
Allison Stowell MS, RD, CDN
Alpha B. Journal PA-C

We offer extended hours!

Monday	8:30 am - 9:00 pm
Tuesday	8:30 am - 9:00 pm
Wednesday	8:30 am - 9:00 pm
Thursday	8:30 am - 9:00 pm
Friday	8:30 am - 5:30 pm
Saturday	8:30 am - 2:00 pm
Sunday	9:00 am - 1:00 pm

We speak Spanish & Portuguese!

Please visit our website to see office locations and hours!
centerforpediatricmedct.com

203-790-0822