

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

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For More Info: ASK A LIBRARIAN



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Respiratory Disorders In Children



**LET'S HELP
ERADICATE
IGNORANCE**

Respiratory Disorders in Children

Respiratory Diseases In Children Under 5:

Respiratory illnesses are common in children under 5 years of age. Most children will develop three to eight colds or respiratory illnesses a year. This number may even be higher in children who attend day care or are exposed to tobacco smoke. Most cases are mild, but about one-third of all hospitalizations in this age group are due to respiratory problems, including asthma and pneumonia.

Upper respiratory infections

Common cold: What is referred to as “a cold” can be caused by 200 different viruses. These viruses spread easily from person to person both through the air and by touching germ-laden surfaces then touching your nose, mouth or eyes. That’s why hand-washing—for you and your child—is so important.

Most people are familiar with the main symptoms of colds: Nasal congestion, Runny nose, Sneezing, Sore throat, Mild to moderate hacking cough, Possible low-grade fever for the first day or two

Influenza (flu): Like a cold, influenza affects the upper respiratory system. Unlike a cold, though, it often causes more severe illness and complications.

Symptoms: Fever with chills, Body aches, Headache, Cough, Sore throat, Nasal congestion/runny nose, Extreme exhaustion and weakness, Possible stomachache or vomiting.

Croup: The common early childhood ailment known as croup

(tracheolaryngobronchitis) involves inflammation of the trachea (windpipe), the larynx (voice box) and the bronchioles (tiny airways leading to the lungs). It is recognized by a distinctive “barking cough” that usually starts suddenly and at night. Children ages 3 months to 3 years are most susceptible to croup.

Signs and symptoms: Dry, barking (brassy) cough, Stridor – noisy, labored breathing; high-pitched noise *when inhaling*, Hoarseness, A tight throat

Sinusitis: Viral infections and allergies affect sinuses the same way they affect the nasal passages, causing swelling and producing extra mucus. This makes it difficult for the sinuses to drain properly and as mucus accumulates, the sinuses become a safe haven for germs to grow. The resulting infection can cause sinus pressure and pain.

Symptoms: Upper respiratory tract infection symptoms lasting more than 10 days without improvement, Nasal congestion or discharge, any color, Cough, day and night, Facial pain or headache, Fatigue and irritability, Low-grade fever. More severe symptoms: Fever (temperature above 102°F), Yellow or green nasal mucus

Lower respiratory diseases

Respiratory Syncytial Virus – RSV

While it begins in the upper respiratory system, RSV is one of the most common causes of lower respiratory tract illness in infants and young children, affecting more than 90 percent of all children before the age of 2.

Symptoms: Upper respiratory symptoms of common cold, Cough, Fast breathing, Fever, Retractions—drawing in of muscles and skin in neck and chest with each breath, Irritability, Difficulty sleeping and signs of fatigue or lethargy

Bronchiolitis: Bronchiolitis is caused by an infection that affects the tiny airways—called the bronchioles—that lead to the lungs. As these airways become inflamed, they swell and fill with mucus, making breathing difficult. This disease affects mostly infants and young children—typically during the first 2 years of life, with peak occurrence at 3 to 6 months.

Symptoms: Cough, Fever, Rapid heartbeat Rapid, shallow breathing, Retractions—drawing in of muscles and skin around neck and chest with each breath, Flaring of the nostrils

Pneumonia: Pneumonia is a bacterial or viral infection of the lung that causes the lungs’ air pockets (alveoli) to become inflamed. Lungs may produce extra fluid, which can accumulate in the airways. Healthcare providers often use x-rays to diagnose pneumonia.

Symptoms: Fever, Cough, Rapid breathing, Decreased activity and poor eating, A grunting sound when your child exhales, Retractions—drawing in of muscles and skin around neck and chest with each breath

Asthma: Children with asthma have sensitive, easily irritated airways in their lungs. When exposed to certain triggers – like viruses, allergens, secondhand smoke, chemical irritants, cold air or pollution – the airways become more inflamed, producing increased mucus,

mucosal swelling and muscle contraction. This results in airway obstruction, chest tightness, coughing, shortness of breath and wheezing.

Symptoms: Coughing on *expiration* (breathing out), especially at night, Wheezing on expiration, Difficulty breathing, Shortness of breath when exercising or playing, Rapid heartrate

