

antibiotics can be taken at the hospital or at home with the help of a nurse.

- Bronchodilators: these relax your airway muscles.

-Corticosteroids: these work slowly to reduce the swelling in your airways

-Mucus thinners: these thin your mucus to make it easier to cough up

- Expectorants: these help bring the mucus up

## CHEST PHYSICAL THERAPY

Chest physical therapy is a way of loosening the mucus in your chest. People usually do chest physical therapy while sitting or lying with their heads down (postural drainage). The therapy helps loosen the mucus, and lying with your head down helps drain away from your lungs.

After you've loosened the mucus, it's easier to cough it up. People with Bronchiectasis often do CPT and cough up mucus three or four times a day. There are different ways of doing chest physical therapy:

- Some people use their fist to pound on their chest

- Other people use a device, for example: an electric chest clapper, an inflated vest, a "flutter" machine, or a positive

expiratory pressure mask.

There are also breathing exercises that help loosen mucus.

## STAYING HEALTHY WHEN YOU HAVE BRONCHIECTASIS

People with bronchiectasis can get flare-ups, times when their symptoms are worse. If you have bronchiectasis, stay as healthy as possible by:

- Not smoking and avoiding second hand smoke.

- Eating a balanced diet

- Getting the flu shot every year

- Getting the pneumococcal pneumonia shot every few years (ask your health professional)

- Making sure you've gotten shots against measles, rubella, and pertussis

-Fighting germs by washing your hands properly

- Getting help right away if you are having a flare up

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## BRONCHIECTASIS

### What you need to know



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Bronchiectasis is a rare disease that affects people's lungs.

With bronchiectasis, people's airways (bronchial tubes) are damaged.

Bronchiectasis damages tiny hairs (cilia) that line the inside of your airways. Damaged cilia can't do their job of sweeping dirt and mucus out of your lungs.

With bronchiectasis, your airways widen and stretch out. In some places the airways are so stretched out they form little pockets. Germs, dust and mucus collect in these pockets and get stuck.

After a while the germs, dust, and mucus that are stuck in your airways get infected. Your tiny hairs can't sweep them away, so the infection keeps coming back. People with bronchiectasis get many infections in their airways.

Bronchiectasis creates a vicious cycle: infections in airway pockets damage your airways, and when your airways are damaged you get more infections.

Bronchiectasis can't be cured, but with the right treatment, most people with bronchiectasis can live relatively normal lives.

People with advanced cases of bronchiectasis can have more difficulty with day-to-day activities.

Some cases of bronchiectasis can't be prevented. Other cases CAN be prevented by getting treatment for lung infections right away. Getting help right away means there is less chance for long-term lung damage.

## WHO'S AT RISK?

Bronchiectasis affects adults, children and infants.

Adults usually get bronchiectasis after an infection of the lungs - for example, after pneumonia or tuberculosis.

Infants and children with bronchiectasis are often born with a congenital problem that leads to bronchiectasis. The main congenital cause of bronchiectasis is cystic fibrosis,

Bronchiectasis can be caused by many things:

- Infections that damage the airways (pneumonia, tuberculosis etc)

- Something blocking off part of the airway for example, a piece of food stuck in the airway

- Cystic Fibrosis

- Diseases that affect the tiny hairs in the airways such as Primary Ciliary Dyskenesia

The most common symptom of bronchiectasis is a cough that's chronic (it doesn't go away) and productive (it brings up mucus/phlegm) 90% of people with bronchiectasis have a chronic cough, and almost 80% of people with bronchiectasis cough up mucus every single day.

Bronchiectasis causes people to cough up large amounts of mucus. The mucus is sometimes yellow and green and it sometimes smells bad.

Other symptoms of bronchiectasis include:

- Feeling short of breath
- Chest Pain
- Wheezing
- Coughing up blood
- Fever
- Weakness
- Weight loss

## TREATMENT

The main treatments for bronchiectasis are medications and chest physical therapy. If your bronchiectasis is caused by an underlying disease or infection, your health professional will treat that too. Sometimes people with advanced bronchiectasis get surgery or a lung transplant.

Medications for Bronchiectasis:

- Antibiotics: You can take antibiotic pills, liquids or get antibiotics intravenously (through an IV into your veins) IV -