

Respiratory Disorders



COMMON COLD

- Contagious viral respiratory infection
- Indirect causes - chilling, fatigue, lack of proper food, and not enough sleep
- Rx – stay in bed, drink warm liquids and fruit juice, good nutrition
- Also called an Upper Respiratory Infection (URI)
- Handwashing – best preventative measure

LARYNGITIS

- Inflammation of larynx or voice box
- Often secondary to other respiratory infections
- Symptoms – sore throat, hoarseness or loss of voice, dysphagia (difficulty swallowing)

SINUSITIS

- Infection of mucous membrane that lines sinus cavities
- Caused by bacteria or virus
- Symptoms – headache or pressure, thick nasal discharge, loss of voice resonance
- Rx – symptomatic, surgery for chronic sinusitis