

Группа: 402Фк

Специальность: Лечебное дело

Дата: 25.09.2020

Тема: Bronchitis

Цель: Развитие понятийного аппарата о симптомах на английском языке

What Is Bronchitis?

Bronchitis is when the tubes that carry air to your lungs, called the bronchial tubes, get inflamed and swollen. You end up with a nagging cough and mucus.

There are two types:

Acute bronchitis. This is more common. Symptoms last a few weeks, but it doesn't usually cause problems past that time.

Chronic bronchitis. This one is more serious. It keeps coming back or doesn't go away.

Bronchitis Symptoms

Symptoms of both acute and chronic bronchitis include breathing problems, such as:

Chest congestion, when your chest feels full or clogged

A cough that may bring up mucus that's clear, white, yellow, or green

Shortness of breath

Wheezing or a whistling sound when you breathe

Symptoms of acute bronchitis also may include:

Body aches and chills

Feeling "wiped out"

Low fever

Runny, stuffy nose

Sore throat

Even after the other symptoms of acute bronchitis are gone, the cough can last a few weeks while your bronchial tubes heal and the swelling goes down. If it goes on much longer than that, the problem might be something else.

If you have a new cough, fever, or shortness of breath, call your doctor to talk about whether it might be COVID-19, the illness caused by the new coronavirus.

With chronic bronchitis, your cough lasts for at least 3 months and comes back at least 2 years in a row.

Bronchitis Causes

Most often, the same viruses that give you a cold or the flu cause acute bronchitis. But sometimes, bacteria bring it on.

In both cases, as your body fights the germs, your bronchial tubes swell and make more mucus. That means you have smaller openings for air to flow through, which can make it harder to breathe.

Chronic bronchitis causes include:

Breathing in air pollution and other things that bother your lungs, like chemical fumes or dust, over time

Smoking or breathing in secondhand smoke for a long time

Bronchitis Risk Factors

You have a higher chance of getting either kind of bronchitis if:

You smoke.

You have asthma and allergies.

You have a weaker immune system. This is sometimes the case for older adults and people with ongoing diseases, as well as for babies and young children. Even a cold can make it more likely, since your body's already busy fighting those germs.

Your risk of getting chronic bronchitis is higher if:

You're a female smoker. You may be more at risk than a male smoker.

You have a family history of lung disease.

Домашнее задание:

Ознакомиться со словами

bronchitis – бронхит

severe – тяжёлый, серьёзный

to spread – распространяться

air passages – дыхательные пути

to interfere – мешать, служить помехой

frequently – часто

to persist – упорствовать

Прочитать текст

Bronchitis may be mild or severe. It simply means that the cold has spread to the air passages. There may or may not be fever, but the cough may be severe and it may interfere with feeds and sleep. If there is fever and the person coughs frequently you must consult a doctor. Even without fever, if the cough persists a doctor should be consulted. Aspirin may be given to bring down the fever.

Упражнение 1. Переведите на английский язык: (письменно)

Может быть слабый или тяжёлый, дыхательные пути, возможна лихорадка, мешать сну, человек часто кашляет, следует проконсультироваться с врачом, снизить жар.

Упражнения 2. Назовите основные симптомы бронхита. (письменно)