



Come rain and some respiratory diseases

Professor Arth Nana, President of the Thoracic Society of Thailand, the organizer of the 13th Congress of the Asian Pacific Society of Respirology in the coming November, remarks to be careful on illness that come with rain. Apart from normal cold which is familiar to all of us, there are other respiratory diseases which we all should beware.

Bronchitis: Inflammation of the bronchi which is caused by many kinds of viruses, bacteria, and inhaled irritants. Symptoms are coughing up phlegm or spit, fatigue, sometimes with wheezing and having difficulty in breathing. If the inflammation is particularly severe, fever, or chest pains may arise. In rare cases, gastrointestinal bronchitis symptoms may also arise.

Pneumonia: It is an inflammatory illness of the lung resulting from a variety of infection with bacteria, viruses, fungi or parasites, and chemical or physical injury to the lungs. Its cause may also be officially described as idiopathic that is, unknown when infectious causes have been excluded. Typical symptoms are cough, chest pain, fever, and difficulty in breathing. Pneumonia is a common illness which occurs in all age groups, and is a leading cause of death among the elderly and people who are chronically and terminally ill.

Influenza : commonly known as **flu**. In humans, common symptoms of the disease are the chills, then fever with chill, sore throat, muscle ache and pains, severe headache, cough, weakness and general discomfort. In more serious cases, influenza causes pneumonia, which can be fatal, particularly in young children and the elderly.

Bird flu : refers to influenza caused by viruses adapted to birds. The symptoms of bird flu (Avian influenza) are sore throat, cough, fever, pneumonia, and respiratory distress. The symptoms of bird flu can depend on the type of virus causing the infection.

The best protection against these illnesses is keeping yourself warm and avoiding the rain as much as possible. Eating proper food and getting enough rest are also things to be thought of. Avoid directly touch poultry and birds excreta and do not eat raw food. If you start feeling ill, consult a physician at an early stage to get a proper diagnosis and prevent further outbreak of the illness.