

Living with a 6-8 Week Cough

INTRO:

COVID-19 ... R-S-V... AND FLU CASES ARE ALL ON THE DECLINE SINCE THE BEGINNING OF 2024... ACCORDING TO THE C-D-C. BUT MANY PATIENTS WHO EXPERIENCE ONE OF THESE RESPIRATORY ILLNESSES MIGHT HAVE ANOTHER ROUND OF SYMPTOMS HEADING THEIR WAY.

TAKE VO

FOR MANY – IT’S A SIX TO EIGHT WEEK COUGH. FOR OTHERS – IT CAN LAST UP TO 1-HUNDRED DAYS. DR. JUANBOSCO AYALA (**EYE-YAH-LUH**) IS A PULMONOLOGIST WITH OSF HEALTHCARE... HE SAYS A LOT OF PATIENTS ORIGINALLY HAVE SYMPTOMS THAT CAUSE MEDICAL PROVIDERS TO DESCRIBE AN ANTIBIOTIC. HE SAYS AFTER THE MORE SERIOUS SYMPTOMS LIKE BODY ACHES... FEVER... CHILLS AND A PRODUCTIVE WET COUGH... THINGS SEEM TO GET BETTER. THEN – COMES THE LINGERING... NAGGING COUGH. IF YOU’RE EXPERIENCING THIS RIGHT NOW – DR. AYALA HAS SOME TIPS ON HOW TO MANAGE SYMPTOMS.

TAKE SOT

“As long as they’re over that acute phase and we don’t have other signs of superimposed infection, over-the-counter medications will go a long way,” Dr. Ayala says. “That’s also making sure that they don’t have other causes of the cough. Things like GERD (gastroesophageal reflux disease), gastritis, reflux disease, asthma, or other things that might come up.”

VO TAG

DR. AYALA SAYS ANTIHISTAMINES AND NASAL SPRAYS ARE A GREAT STARTING POINT. SOME ANTIHISTAMINES CAN CAUSE SLEEPINESS... BUT HE SAYS YOU CAN FIND NON-DROWSY OPTIONS AT YOUR LOCAL PHARMACY. IF YOU ARE EXPERIENCING A MAJOR CHANGE IN MUCUS – SUCH AS THE COLOR OR AMOUNT OF MUCUS PRODUCED... DR. AYALA SAYS MUCINEX IS A GOOD CHOICE.

Extra soundbites that can be found on the OSF Newsroom:

“A lot of patients have displayed symptoms that would justify going on an antibiotic,” says Juanbosco Ayala, MD, pulmonologist with OSF HealthCare. “They get over the acute phase, experiencing symptoms like body aches, fever, chills and productive wet cough. With the antibiotic, in time, things seem to get better. Then after that acute phase, this lingering, nagging cough happens.”

“Some of them have a little more of a sedative effect, so some patients will get sleepy. They all may cause sleepiness to a certain degree. But some are less likely to, like Claritin-D, Allegra and even Zyrtec,” Dr. Ayala says. “Some of the nasal sprays, if patients complain about congestion, might be something to consider. Other than that, whether it’s the pharmacy brand, generic, or name brand, they all work pretty well when it comes to the antihistamines.”

“With issues during sleep, we have to make sure there isn’t anything else related to sleep apnea or sleep disorder breathing, that may be playing a role,” Dr. Ayala adds.