

Health Highlights: Singing to Better Health; Can't Stop Coughing?
Tim Ditman | Media Relations Coordinator
Audio Version

ANCHOR INTRO: CAN YOU SING YOURSELF TO BETTER HEALTH? AND HAVE YOU OR SOMEONE YOU KNOW BEEN EXPERIENCING A PESKY COUGH THAT JUST WON'T GO AWAY? TIM DITMAN SHARES MORE... IN TODAY'S HEALTH HIGHLIGHTS.

<<(THERE'S A HIGH NOTE WHEN IT COMES TO SINGING HOLIDAY CAROLS. IT CAN BOOST YOUR HEALTH. OSF HEALTHCARE FAMILY MEDICINE PHYSICIAN... DOCTOR ALINA (**al-LEE-nah**) PAUL... SINGS AND PLAYS GUITAR FOR PATIENTS. SHE SAYS BENEFITS INCLUDE PAIN REDUCTION... BETTER LUNG CAPACITY... MORE CONFIDENCE AND A SENSE OF BELONGING. IT EVEN HELPS WITH DEMENTIA.

*****SOT*****

Dr. Alina Paul, OSF HealthCare family medicine physician

"Don't take it as an exercise. Don't do it because you have to. Do it because you want to do it. Anybody can sing. Make a point to sing. It's like meditation. It's very beneficial." (:20)

TRACK: IF SINGING CAUSES YOUR THROAT OR CHEST TO HURT – TAKE A BREAK.

ANOTHER PESKY THING THAT MAY BOTHER YOUR THROAT OR CHEST? THAT LINGERING COUGH. IT'S COMMON WITH ALL OF THE UPPER RESPIRATORY ILLNESSES GOING AROUND INCLUDING COLDS... FLU AND R-S-V.

IF YOU TREATED YOUR SYMPTOMS AND YOU'RE FEELING BETTER... BUT THE COUGH IS STICKING AROUND. DR. JUANBOSCO AYALA (**eye-YAH-luh**) -- A PULMONOLOGIST WITH OSF HEALTHCARE... HAS SOME REASONS WHY.

*****SOT*****

Dr. Juanbosco Ayala | Pulmonologist | OSF HealthCare

"A lot of times it's due to the local inflammation that persists. There's not much to do for it, we typically recommend antihistamines, and sometimes you'll have to cycle those. It's usually something that subsides with time. But if it doesn't, then obviously that may need to be looked at."

AMONG THE OVER-THE-COUNTER MEDS THAT MAY HELP CLEAR YOU UP INCLUDE CLARITIN-D... BENADRYL... ALLEGRA... AND MUCINEX.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M TIM DITMAN. >>)