

You coughed up what?

Coughing can be normal, but coughing up things like vomit and blood should be looked into quickly

SOT

Dr. Aminat Ogun (ah-ME- not // OH-gun)
OSF HealthCare family medicine physician

"We have cough receptors in our airways and lungs. If we have mucus or an irritant, there's a signal sent to our brain. The brain activates those receptors to have the cough action happen. So that's why you clear your throat or cough in the morning. You're trying to clear out your airways." (:24)

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"When it's persistent [cough with mucus] and it's affecting your breathing, you definitely want to be seen [by a provider.]" (:07)

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"Sometimes you have the common cold, you're coughing for a long period and you irritated your airways. Maybe you nick the capillary artery [leading to coughing blood.] That's fine. But more serious conditions would be a blood clot in the lung or tuberculosis." (:25)

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"Then the provider could do a physical examination. They look at the back of your throat. They listen to your lungs to see if they hear anything concerning. Depending on what they find, they could order a chest X-ray or a CT scan to see what's going on inside your chest." (:18)

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"Pertussis is dangerous in immunocompromised people and kids. RSV is highly contagious, as well. It's life-threatening in infants and older adults." (:24)

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"What vaccines do is help prevent getting to the very severe stage [of an illness.] You're trying to prevent ending up in the hospital. You're also reducing the risk of infection. And you're protecting people around you who may be sicker than you." (:16)