

# Cough for a long time does not cure what disease? How to handle definitely?

Coughing for a long time does not cure, is a manifestation of many dangerous respiratory diseases, if not treated promptly, properly, will be dangerous to patients.

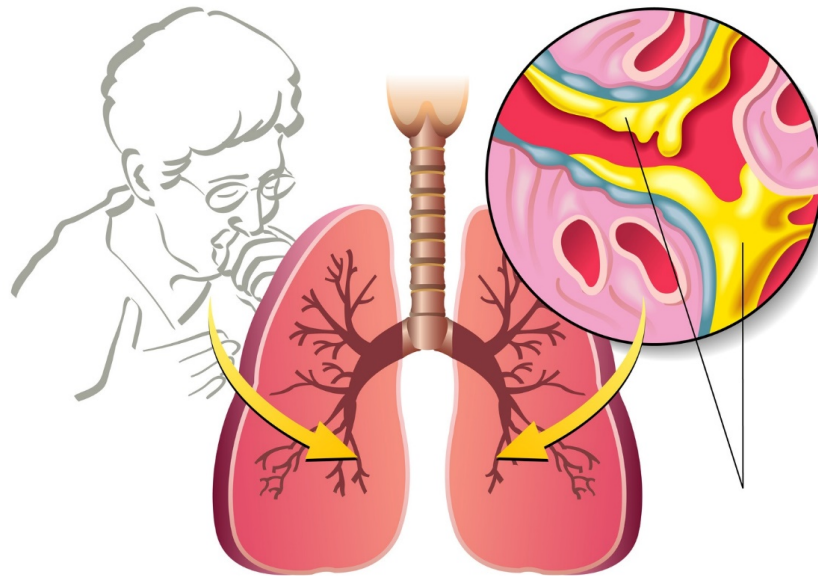
Coughing for a long time does not go away is one of the common health conditions in many people in the cold season. More worrying, it is also a manifestation of many dangerous respiratory diseases, if not treated promptly and properly, will endanger patients. So let's learn together with Quantrimang what is **coughing for a long time** ? How to handle definitely!

## Quick view content

1. Cough for a long time does not cure from what cause?
2. Cough for a long time does not cure related to what disease?
3. How to treat a cough with expectorant for a long time?

## Cough for a long time does not cure from what cause?

Unlike normal cough symptoms, a productive cough is a type of cough that produces a lot of mucus and mucus in your throat for days to weeks, causing the airways to become blocked, stagnant and lead to many Respiratory diseases vary depending on the level of influence. Cough with a persistent sputum may stem from the following underlying causes:



1. Cough lasting, has formed sputum but due to prolonged or subjective patients, do not go to the hospital for timely treatment.
2. Cough with sputum is not treated properly and completely so the condition becomes worse and more serious.
3. Because patients stop taking drugs without following their doctor's instructions, or buy antibiotics outside when they see signs of recurrence.
4. Cough due to infection or frequent contact with polluted environment, dust and smoke can cause cough to produce phlegm, lasting for a long time.



1. Patients with the habit of smoking or using other forms of tobacco for a long time cause lung damage or irritation of the throat or esophagus.
2. Coming from another cause, such as a person with gastric Acid spurs in the esophagus, causing itchy throat and coughing, this cough can form phlegm and often wake you up in the middle of the night.

## **Cough for a long time does not cure related to any disease?**



Coughing for a long time is a symptom of many respiratory diseases. Knowing which illnesses it originates from depends on other manifestations of the disease and on a doctor's visit. In general, if you have a productive cough for more than 3 weeks, you may be linked to some of the following diseases:

### **Chronic obstructive pulmonary disease**

This is a respiratory disease caused by a long-lasting cough with mucus, leading to narrowed, blocked airways, making breathing difficult. The disease manifests itself in persistent coughing spasms, especially in the morning, making it difficult to breathe, tightness in the chest, and long-term aggravation of the condition if left untreated. emphysema.

### **Chronic bronchitis**

Chronic bronchitis is caused by the production of a lot of viscous sputum in the bronchus, with a characteristic symptom of coughing or intermittent sputum cough. The total duration of coughing up sputum is at least 90 days in a year and at least for 2 consecutive years.



Sputum of chronic bronchitis is usually opaque white, mucous or purulent in the early stages, later yellow (possibly due to their pathogenic bacteria, especially staphylococcus aureus producing yellow pigment) ) or blue (possibly due to blue pus bacillus, because this bacillus produces a blue pigment). Illness if not treated promptly and properly can cause bronchiectasis, emphysema .

### **Bronchodilator disease**

Bronchiectasis is often the result of acute and chronic bronchitis that is not completely treated. The disease causes prolonged cough, coughing occurs most often at night or in the morning when waking up. The mucus is milky, pus-like mucus often forms into molds, making patients often spit.

Bronchodilators, if they persist for a long time, are not detected early and can be treated properly. After repeated episodes of superinfection, it can cause lung abscess or bronchial pus, pus pus, pleural pus, pulmonary fibrosis, emphysema .

### **Tuberculosis**

Most pulmonary tuberculosis often presents with cough, chest pain, shortness of breath, or milky white sputum such as milk or rice water, sometimes with bright red blood. When the condition becomes severe, prolonged disease will turn into a lung abscess pus in the lungs. If not treated properly the disease can lead to respiratory failure, even death.



### **Lung cancer**

Although quite rare, in fact, some American studies have shown that up to 65% of people with lung cancer also experience symptoms of coughing with mucus longer than 3 weeks. Accompanied by manifestations such as hoarseness, difficulty swallowing, chest pain, sputum and blood . Therefore, it is necessary to be alert to detect and treat the disease promptly.

### **How to treat a cough with expectorant for a long time?**

#### **Treat a productive cough with medicine**



If you find that the coughing of sputum lasts for a long time, if it is impossible to find the cause, it is best to visit the respiratory and internal medicine department to determine the exact cause. and appropriate, timely and effective treatment. Treatment time can last from 3-5 days depending on the type of disease along with the use of

cough suppressants, expectorants, anti-inflammatory drugs . or other specialized treatments to quickly treat stop cough with prolonged sputum.

## **Cough cough with natural methods**

Sometimes, the use of natural remedies or home remedies for phlegm also contributes to the effective treatment of cough. You can apply this method as early as the onset of the disease or you can use it in combination with your doctor's treatments. Here are some simple remedies that you can refer to:



**Turnip.** White radishes have long been evaluated as being effective against coughs for long periods of time. With anti-inflammatory and cool properties, beets can be eaten raw or boiled to help cool the throat, eliminate phlegm very effectively.

**Chives leaves.** Chives leaves are a spicy food, warm properties should help gas, expectorant should be used to effectively treat coughs, bronchitis, pneumonia . Chives leaves also contain many antibiotic active substances allacin and vitamins C has the ability to kill bacteria, viruses that cause respiratory diseases and help improve resistance.

**Fresh ginger.** Fresh ginger is warm, able to remove the mucus left in the throat, warm the throat and boost the immune system. You can combine a few slices of ginger with honey, use for about two to three days to see the situation of cough phlegm much better.

## **Use specialized medical equipment and tools**



**Nasal nebulizer (aerosol).** Compared with injecting or using antibiotics to treat cough for a long time, nasopharyngeal aerosol method brings more effective treatment, especially for young children. The device helps disperse mist-treated drugs directly to the pharynx, not through the stomach, helping to minimize side effects, and to easily remove the amount of sputum from the nasal cavity, creating ventilation. for airway, reduce cough, quickly expectorant.

**Nasal washers, nasal aspirators, phlegm.** Nasal washers, nasal aspirators and aspirators are specialized medical devices that help remove the amount of sputum and mucus in the throat of the patient quickly and most effectively. These devices use specialized pumping, suction and push mechanisms to gently remove sputum and bacteria that block the airway, giving clear air to the nose and throat. In particular, it is also suitable for use by many different subjects, including children.

### **Launch to avoid recurrent productive cough**

If you want to completely treat a productive cough for a long time, it is necessary to follow and follow these methods well, but they do not guarantee that the disease will not recur and come back to bother if you do not have it. sense of prevention. So, what you need to consider is the following methods to prevent coughing with recurring sputum!



1. Always make sure your lungs receive adequate, fresh oxygen without any bacterial contamination.
2. Drink plenty of water, add fruit juice to dilute phlegm and replenish minerals and vitamins for the body.
3. Regular exercise, exercise sports, nourishment, yoga to prevent dry cough, productive cough.
4. Avoid contact with dust, stimulants are not good for health.
5. Use lozenges, natural herbal cough syrups, sputum bars to protect the throat smoothly, without mucus.
6. Give up smoking, drinking, build a healthy diet, limit eating fast food, fried food, greasy .

Above is our share of cough symptoms for a long time. Hopefully, it can help you better understand this disease as well as a way to prevent and treat it completely.

I wish you good health!

Further reference: 11 ways to treat cough definitively for children not using antibiotics

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