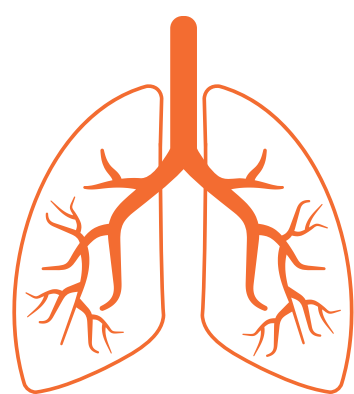


Basics of Bronchiectasis



What is bronchiectasis?

Bronchiectasis is a chronic lung disease characterized by enlarged airways that are thickened and/or scarred. These changes can cause mucus to build up in the lungs. Excessive mucus build-up in the airways may lead to repeated infections causing more lung damage and worsening respiratory symptoms.

Annually observed on July 1st, World Bronchiectasis Day aims to raise global awareness, share knowledge, and discuss ways to reduce the burden of bronchiectasis for patients worldwide.



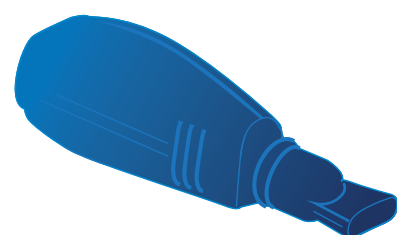
What are the symptoms of bronchiectasis?

Symptoms vary greatly between people: most have a long-term cough, producing sputum, but some might have a dry cough with little or no sputum. Other symptoms include repeated breathlessness, repeat lung infections, fatigue, unexplained fever, chills, weight loss, and chest pain.



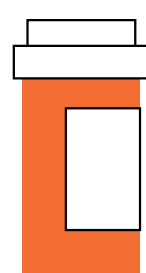
How is bronchiectasis diagnosed?

Bronchiectasis is typically diagnosed by a high resolution computed tomography (CT) scan of the lungs – a form of x-ray that gives a very detailed picture of your lungs. The image will show the location of the airway abnormalities within the lung, as well as the extent of lung damage.



What are the treatments?

There are two key parts to proper treatment. First, it is important to remove retained mucus from the airways (airway clearance), which may include: manual airway clearance techniques, use of airway clearance devices, medicines, aerobic exercise, and drinking plenty of water.



Second, preventing and treating infections when present. This process involves collecting a sputum sample to find bacteria, fungi (mold) or mycobacteria that are present in the airways. Once the type of infection is identified, it is treated with the appropriate antibiotics.



Is there a cure?

There currently is no cure for bronchiectasis, but it can be treated effectively. Watch for early warning signs of a flare-up and work with a health care provider to find the best treatment plan. Research and clinical trials are taking place now to find better treatments for bronchiectasis.

Resources:

www.bronchiectasisandNTM360.org

www.thoracic.org/patients

www.lungfoundation.com/au

www.NTMinfo.org

www.bronchiectasis.eu

www.jrs.or.jp/modules/english

www.europeanlung.org/en

www.lung.org

www.lovexair.com

www.gaapp.org

www.icsorg.net

www.pulmonology.co.za

www.aarc.org

www.uscopdcoalition.org

www.chestnet.org

www.runningonair.net

World Bronchiectasis Day is being organized by an international planning committee co-chaired by Dr. Tim Aksamit, Medical Director of Bronchiectasis and NTM 360 at the COPD Foundation, and Professor James Chalmers, EMBARC Chair and British Lung Foundation Chair of Respiratory Research, University of Dundee. The global planning committee is comprised of patient advocates, representatives from collaborating global patient advocacy organizations and professional societies, and leading experts. This initiative is made possible by various supporters, all of whom are acknowledged on www.WorldBronchiectasisDay.org.