

DVD
INSIDE

A GUIDE TO MANAGING RESPIRATORY INFECTIONS

breathe easy

A photograph of a female doctor in a white lab coat using a stethoscope to examine an elderly female patient. Both are smiling and looking at each other. The image is overlaid with a semi-transparent purple filter.

ACP

AMERICAN COLLEGE OF PHYSICIANS
INTERNAL MEDICINE | Doctors for Adults

PriCara®

Division of Ortho-McNeil-Janssen
Pharmaceuticals, Inc.

A GUIDE TO MANAGING RESPIRATORY INFECTIONS

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Sponsor

PriCara®, Division of Ortho-McNeil-Janssen ***Pharmaceuticals, Inc***

PriCara® is a major healthcare organization in the United States dedicated to the needs of primary care providers who serve a vital role on the frontlines of medicine. For more information about the company, please visit www.PriCara.com.



Partner

American College of Physicians

The American College of Physicians (ACP) is a national organization of internists — physicians who specialize in the prevention, detection and treatment of illnesses in adults. Established in 1915, ACP is the largest medical-specialty organization and second-largest physician group in the United States. Its membership of 126,000 includes internists, internal medicine subspecialists, and medical students, residents, and fellows. Members are physicians in general internal medicine and related subspecialties, including cardiology, gastroenterology, nephrology, endocrinology, hematology, rheumatology, neurology, pulmonary disease, oncology, infectious diseases, allergy and immunology, and geriatrics. Internists treat the majority of adults in the United States.



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Learning about the different types of infections, their causes, and treatment can help you manage your health.

Introduction

Almost everyone has had a respiratory infection at some point in their lives. Symptoms may include:

- ➔ Runny and stuffy nose
- ➔ Sore throat
- ➔ Headache
- ➔ Cough
- ➔ Fever

There are 4 respiratory infections that may affect adults:

- ➔ Common cold and sore throat
- ➔ Sinus infection
- ➔ Bronchitis
- ➔ Pneumonia

Many types of medicines can help you fight off a respiratory infection. But sometimes the best medicine is *not* a prescription medication. Taking such medicines when they are not needed can even make the situation worse! Your doctor will evaluate your symptoms and decide if you need a prescription medicine or not.

This guide will help you make the right choices if you have a respiratory infection. Learning about the different types of infections, their causes, and treatment can help you manage your health. You'll be able to breathe easy once more!

Viruses vs Bacteria:

Respiratory infections causing the common cold, sore throat, sinus infection, and bronchitis are generally caused by viruses. **Viruses are not killed by antibiotics, which are medicines that only kill bacteria.** That's why no cure for the common cold has yet been invented!

Bacteria are very different from viruses. Although most bacteria are harmless, some are harmful or deadly. Antibiotics *can* kill most bacteria that cause infection.

A photograph of an older man with glasses, wearing a light-colored shirt, coughing into his right elbow. The image is overlaid with a semi-transparent purple filter.

*Viruses
are not
killed by
antibiotics*

A Key Difference

Sometimes a viral infection can lead to a bacterial infection. A virus can weaken your immune system or damage tissues. This makes it easier for bacteria to grow and cause disease.

It can be hard to tell if a viral infection is leading to a bacterial infection. The indicator used most often is *time*: the longer your symptoms persist, the more likely bacteria have become involved. Viral respiratory infections usually get better within 7-10 days. If symptoms continue longer than that, or if you start to feel better but then get worse, you may have a bacterial infection.

A photograph of a female doctor with short brown hair and glasses, wearing a white lab coat with a teal stethoscope. She is holding a small red pill between her fingers. The image is overlaid with a semi-transparent purple filter.

*Bacteria
are
killed by
antibiotics*

Types of respiratory infections are the common cold and sore throat, sinus infection, bronchitis, and pneumonia.

Types of Respiratory Infections

The Common Cold and Sore Throat

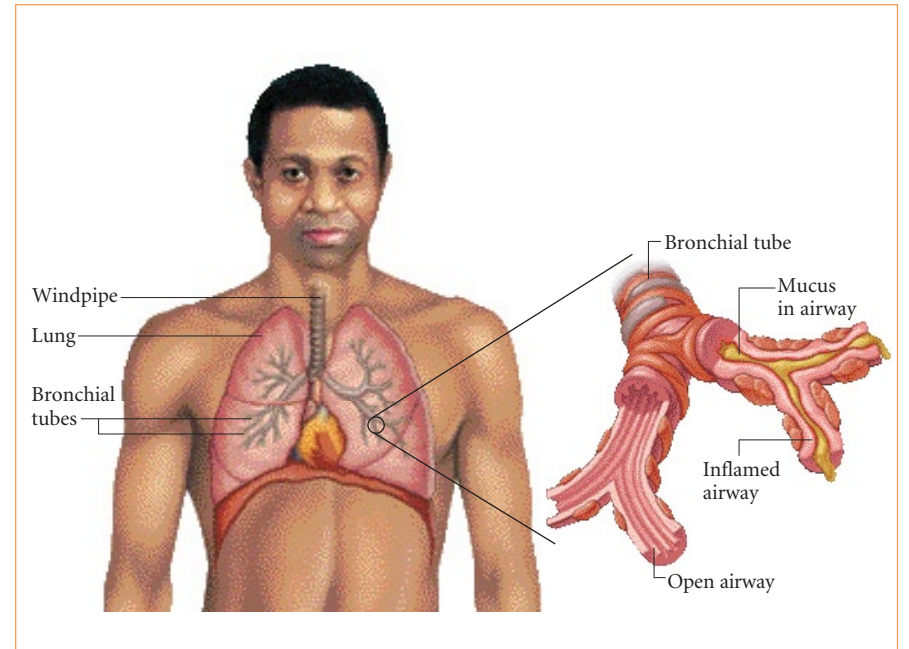
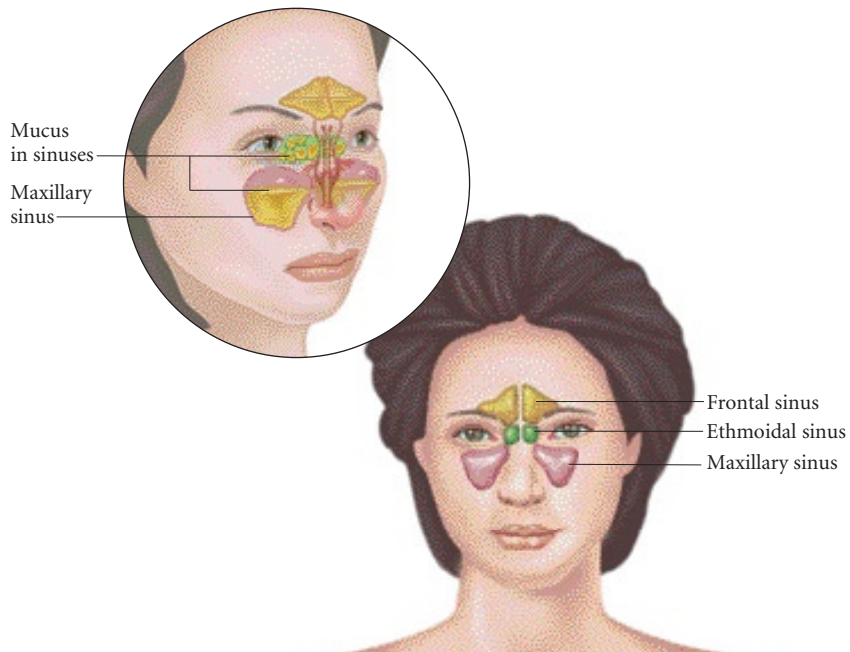
The common cold affects people an average of twice a year, mostly in winter. The symptoms of a common cold include runny and stuffy nose, sneezing, scratchy throat, and a dry cough. Sore throat symptoms include pain in the throat, pain or difficulty swallowing or talking, and headache. Fever is usually absent or quite low, usually less than 100 degrees.



Sinus Infection

The skull has air pockets that have openings into the nose. These air pockets are called *sinuses*, and they can become infected. The sinuses above and below the eyes are the ones that most commonly get infected. Sometimes, after a cold, your sinuses become infected by bacteria. This is called *acute bacterial sinusitis*. Symptoms you might feel:

- Nasal discharge, containing green or yellow mucus, that lasts for more than 7 days
- Upper tooth discomfort
- No sense of smell or difficulty smelling
- Cough
- Headache, especially in the forehead or in the cheek areas
- Fever



Bronchitis

Bronchitis is an infection of the breathing tubes below the throat and into the lungs. The larger tubes carrying air into the lungs are called bronchi (BRAWN-ki). Bronchitis is when these tubes are infected by either a virus or bacteria causing a deep, wet cough that brings up mucus that may be white, yellow, or green.

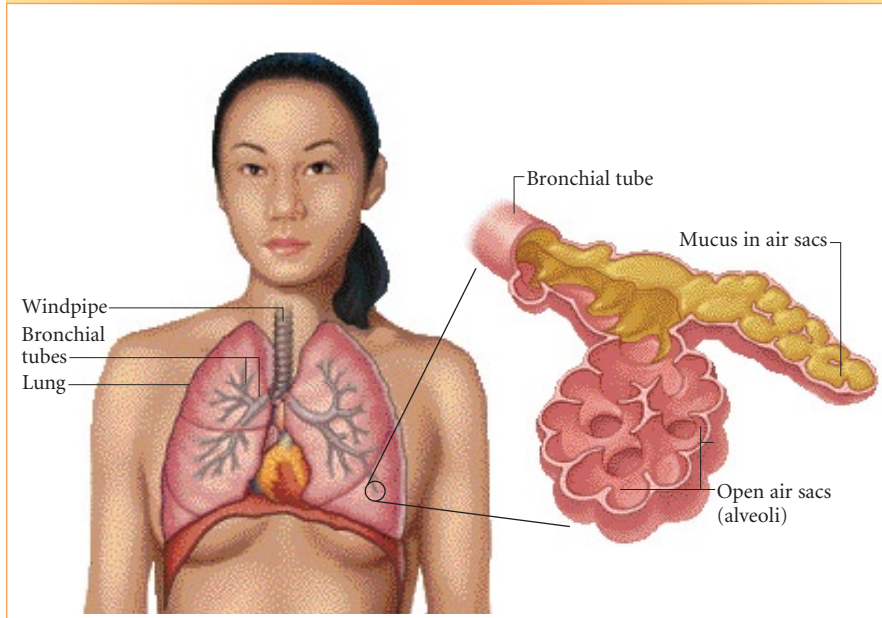
Pneumonia

Pneumonia is an infection of the lungs. Pneumonia can be caused by both viruses and bacteria, but the most common cause is bacteria. Pneumonia can be very serious, even life-threatening. The most common symptoms include:

- A long-lasting cough that may be dry or wet, bringing up green or yellow mucus
- Shortness of breath
- Chest pain
- Fever, often over 101 degrees

A healthcare professional may suspect pneumonia because:

- Symptoms last longer than 5 to 7 days
- Symptoms are severe (high fever, lasting cough and shortness of breath)
- Symptoms occur in a person at risk for pneumonia

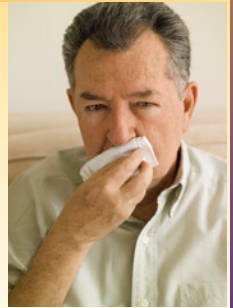


People who have the greatest risk of getting pneumonia include the bedridden, people with heart or lung disease, or people with other chronic illnesses such as diabetes. You may be told you have pneumonia if a chest x-ray shows fluid build-up in your lungs.

For respiratory infections that do not get better after 7 to 10 days, or for people with other health problems, antibiotics may be needed.

Treatment Options

Many respiratory infections last 7 to 10 days and do not need to be treated by a healthcare professional. Common home remedies can be helpful for treating these types of infections.



But sometimes the infection lingers longer than 7 or 10 days or your symptoms worsen. Then, medical care is needed. People at higher risk for a respiratory infection should seek medical care *early* in the course of the infection.

For respiratory infections that do not get better after 7 to 10 days, or for people with other health problems, antibiotics may be needed. *All* people with pneumonia are treated with antibiotics.

Many types of antibiotics can help fight off a respiratory infection. But taking antibiotics when they are *not* needed can cause problems. The antibiotic may become less effective when it really is needed.

Using antibiotics when they are not needed can lead to antibiotic resistance. This means that the antibiotic can no longer kill the bacteria causing the infection. Overuse of antibiotics is the most common cause of antibiotic resistance. (Overuse refers to using antibiotics to treat conditions, like the common cold, that are not caused by bacteria.)



Your doctor will evaluate you and decide if you need an antibiotic. She or he will prescribe the type of antibiotic best suited to your particular infection, your medical history, and other factors such as other medicines you might be

taking. Antibiotics may be associated with serious side effects, so make sure to talk to your doctor if you experience such side effects. He or she can try a different type of antibiotic.

It is very important to take *all* of the antibiotics you are prescribed. Some people stop taking their antibiotic when they start to feel better. But, if you quit taking an antibiotic before *all* the bacteria are killed, the infection can come back and may be more difficult to treat than the first infection. The bacteria may have become resistant to the antibiotic. This could make you sicker for a longer period of time.

When taking antibiotics, follow these rules:

- ➔ Take them exactly as your doctor prescribes
- ➔ Take *all* of them
- ➔ Never share them with others!



I Have a Viral Respiratory Infection: What Can I Do?

Even though antibiotics don't help you recover from a viral respiratory infection, there are ways you can speed recovery and feel better:

- If you smoke, stop smoking. Stay away from other smokers. Smoking and cigarette smoke can make your symptoms worse.
- If the air is dry, add humidity to a room with a humidifier.
- An over-the-counter nasal spray can sometimes help with stuffy, congested nose symptoms, but don't use over-the-counter nasal spray decongestants for more than 3 days. Prolonged use can lead to "rebound" symptoms—a return of the original symptoms, possibly with greater severity.



- Use over-the-counter antihistamines or decongestants, or a combination of both. If you take medicines for other medical problems that you have, check with your doctor or pharmacist before taking cold remedies.


- Take pain relievers (ibuprofen or acetaminophen may be helpful for aches and pains).
- Read and follow all medication label instructions.
- Blow your nose gently.



- Drink plenty of fluids.
- For facial discomfort, apply warm towels or facial packs.

- Wash your hands frequently, especially if you are in frequent contact with others. This will help stop the spread of the virus infection.





Use what you've learned and you're more likely to recover quickly and breathe easy once again!

Conclusion

In this booklet, you've learned that both viruses and bacteria can cause respiratory infections. Many times, the common cold, sore throat, sinus infections, and bronchitis are caused by viruses. With such infections, you will probably feel better within a week.

You now know that antibiotics can't kill viruses. They cannot help you recover from a viral infection. Taking an antibiotic for a viral infection can lead to antibiotic resistance. The antibiotic won't work as well when you really do need it.

But sometimes a viral infection leads to a bacterial infection. If your symptoms last longer than a week to 10 days, are very severe, or seem to be worsening, you may have a bacterial infection. Your doctor might prescribe an antibiotic to help fight the infection. If so, you should take the medicine exactly as prescribed. If you quit taking the medicine early, you may end up with an even more serious infection!

A respiratory infection is never fun. But now you know how to make smart decisions about your treatment. You're more likely to recover quickly and breathe easy once again!

Resources

American College of Physicians

Philadelphia, PA

800-523-1546

www.acponline.org

American Academy of Family Physicians

Leawood, Kansas

800-274-2237

<http://familydoctor.org>

Centers for Disease Control and Prevention

Atlanta, Georgia

800-311-3435

www.cdc.gov

Credits

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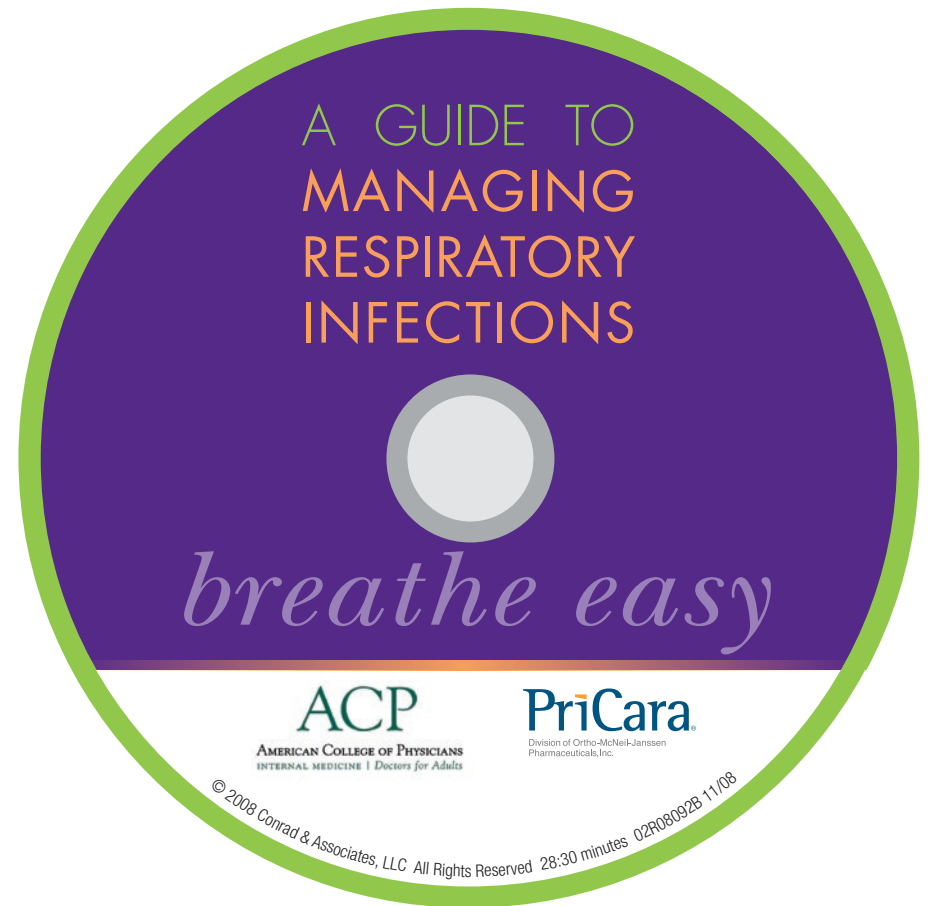
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Almost everyone has had a respiratory infection at some point, such as a cold, sore throat, or bronchitis. Usually, these illnesses clear within a matter of days. But sometimes the infection lingers. The symptoms get worse.

Many types of medicines can help you fight off a respiratory infection. But for them to work well, the right medicine must be used at the right time. Taking medicines, such as antibiotics, when they are *not* needed can make the situation worse.

This booklet and DVD will help you make the right choices if you have a respiratory infection. You'll learn about:

- When to use antibiotics—and when *not* to use them!
- Different types of respiratory infections and how to treat them
- How to recover faster and breathe easy once more