# Cough

Cough is a reflex which comes to dislodge foreign material and secretions from the central airway.

**Pathophysiology**

Inspiration followed by expiration against closed glottis
↓
Sudden opening of the glottis with rapid expiratory flow
↓
Produces the characteristic sound.

**Causes:** → Can be acute or chronic.

**Origin:**

① Pharynx → Post nasal dripping → Chronic rhinitis

② Larynx
Laryngitis → Voice or swallowing difficulty.
Croup → Stridor.
Whooping cough → Paroxysmal Cough.
Tumor → Harsh or Painful Cough.

③ Trachea
Tracheitis → Raw retrosternal pain with cough

④ Bronchi
COPD → Cough with expectoration. < morning.
Asthma → Dry < night.
Bronchiectasis → Three layer sputum.
Postnasal sputum.
Eosinophilic bronchitis → Features like asthma but no hypersensitivity.
Lung Cancer → Persistent with Hemoptysis.

⑤ Lung Parenchyma: Red Rusty.

Pneumonia → Dry Initially, Productive later.

Tuberculosis → Productive, Hemoptysis.

Pulmonary odema → ↓ right, Pink frothy sputum.

Interstitial Fibrosis → Dry and distressing.

⑥ Drug side effects:

ACE inhibitors → Dry Cough.

⑦ Aspiration:

- GERD → History of acid reflux, Hiatus hernia, obesity.

Questions to be asked

→ Duration.

→ Sputum → Colour, Consistency.

→ Triggers.

→ Smoking history.

→ Other complaints - Wheeze, stridor, Heart burn, Voice.

→ Drug history.

Investigation?