

What is it?

Bronchiectasis is a lung disease that varies in severity. It is unfortunately not reversible, however, your medical professional will support you to manage your condition.

Signs and symptoms

In congenital cases – symptoms from early childhood.

In acquired cases – symptoms develop gradually or after a serious infection. Constant daily production of large amounts of sputum (often discoloured and sometimes mixed with blood). It is often complicated by serious and sometimes resistant lung infections.

Causes



Can be part of other familial diseases like Cystic Fibrosis



The characteristics are coughing whilst producing large amounts of sputum as well as recurrent infections in the lungs



It may be due to a congenital dysfunction of the cilia (hair-like tentacles that cleans the lungs on a constant basis)



More often it is a complication of a serious lung infection or an immune deficiency disease



It can also follow other infections in patients with Asthma or Chronic Obstructive Pulmonary Disease



CHEST PAIN



FATIGUE



WEIGHT LOSS



CLUBBING OF THE FINGERS

Treatment

There is no cure for this condition, but can be managed through the correct treatment. Early detection and working closely with your doctor and physiotherapist will improve your quality of life.

Postural Drainage - This treatment involves lying on your back with your feet higher than the heart. Gravity helps mucus to flow out of the lungs to the air pipe where it can be secreted.

Physiotherapy

- A basic physiotherapy technique can be done effectively from home and will be demonstrated by a registered service provider.
- The aim is to get rid of the sputum daily so the bacteria cannot imbed in the lungs and cause infections.
- If lung infections do occur, get treatment as soon as possible.
- Some patients will get resistance from certain antibiotics, thus your doctor will send a sputum specimen regularly to be analysed by a pathologist to determine and confirm the type of organism in order to provide their correct antibiotic or treatment.

