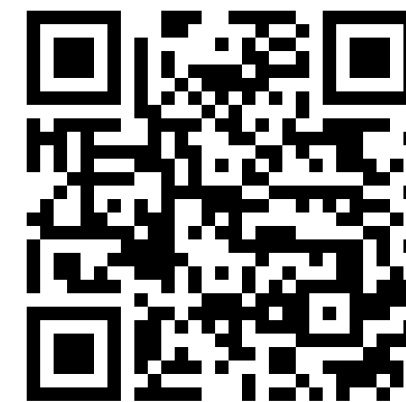


COMMON CAUSES OF CHRONIC COUGH



1

MEDICATIONS

Angiotensin-converting enzyme (ACE) inhibitors for high blood pressure (ex. lisinopril)

Treatment: consider alternatives like angiotensin-receptor blockers (ARBs)



2

POST NASAL DRIP

Excess mucus made in the sinuses runs backward down the throat instead of forward out the nose

Treatment: consider antihistamines

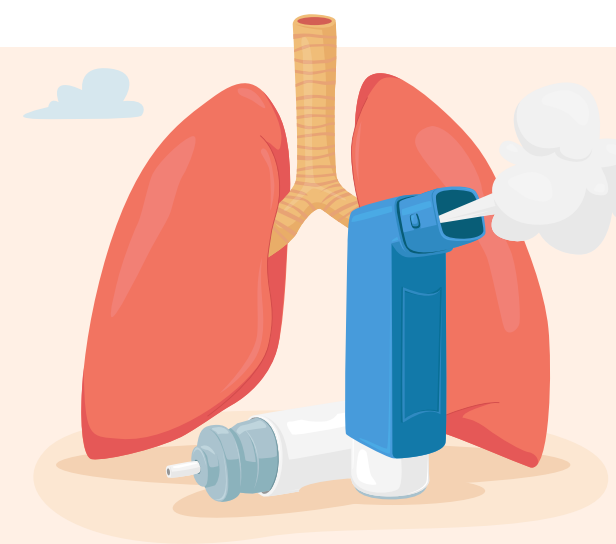


3

ASTHMA

May come and go with the seasons or worsen after exposure to cold or fragrances

Treatment avoid triggers and talk with your doctor about a pulmonary function test

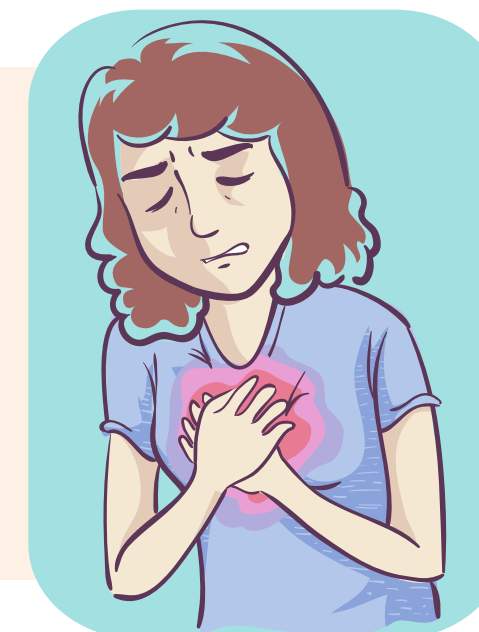


4

GERD

Relaxation of the lower part of the esophagus may allow stomach acid to flow backward causing irritation

Treatment: avoid fatty/spicy foods, alcohol, and coffee. Consider a proton pump inhibitor



5

INFECTION

A cough may linger after a cold or flu but may also occur with certain fungal infections like tuberculosis

Treatment: talk with your doctor if symptoms last greater than 3 weeks

