## COMMON CAUSES OF

# CHRONIC COUGH



1

### **MEDICATIONS**

Angtiotensin-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

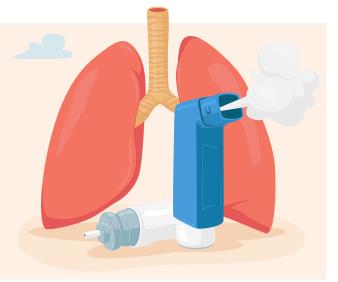


3

#### **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



**Disclaimer:** Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

**Source:** https://www.mayoclinic.org/diseases-conditions/chronic-cough/symptoms-causes/syc-20351575