World Chronic Cough Day

The Basics

What is Chronic Cough?

A chronic cough:

- is a persistent cough that happens most days of the week.
- lasts four weeks or longer in children and eight weeks or longer in adults.

24h

A cough is a good reflex, because it protects your lungs from irritants, but it should not be ongoing or constant.

A chronic cough is a cough that continues, even after treatment.

WHAT CAUSES CHRONIC COUGH?

A chronic cough may be caused by another health condition you already have, or it can happen as its own separate condition.

Chronic cough can be caused by:

- chronic obstructive pulmonary disease (COPD)
- asthma
- respiratory infections
- postnasal drip
- acid reflux
- other airway irritants
- heart failure
- air pollution
- ACE inhibitors (medications given for conditions including high blood pressure and heart failure)
- tobacco or vape smoke

Other causes may include cancer, pneumonia and rare lung conditions such as idiopathic pulmonary fibrosis (IPF) and non-IPF interstitial lung disease (non-IPF ILD).

HOW IS CHRONIC COUGH DIAGNOSED?

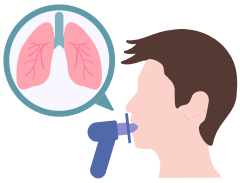
Your doctor will examine you and ask about your medical history. They will check your temperature, oxygen level, lungs, heart, and ears.

They may look in your nose and at the back of your throat for postnasal drip (mucus drips down the back of your throat making you need to swallow a lot), swab your throat, or collect a sample of your phlegm (mucus).

If the doctor needs more information, they may order an x-ray, CT scan of your lungs, or use a thin scope to check your nose or lungs.

They might also request a pulmonary function test to check your overall lung health and see if they can detect an underlying condition causing the chronic cough.

If your doctor thinks allergies may be the cause, they may refer you to an allergy specialist who can do blood tests to check for allergies or do an allergy skin prick test on your arm or back.



It may take a small team of specialists to treat your lungs, allergies, speech, throat, and digestive system.

WHAT'S NEXT IF I THINK I HAVE CHRONIC COUGH?

If it's been less than eight weeks, your cough might be from an illness and should go away as your body starts to heal.

Call your doctor if you are an adult with a cough lasting longer than eight weeks (four weeks for a child). Your doctor can try to figure out what is causing your persistent cough and how to treat it.

Since each person's body is different, the doctor will need to find the best treatment plan for you.

Where Can I Find More Information?

- To learn more about chronic cough, visit **Global Allergy & Airways Patient Platform**
- You can also visit Pause your Cough **pauseyourcough.com**

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GLOBAL ALLERGY & AIRWAYS PATIENT PLATFORM