

Pitfall in Cough and Cold Remedies

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Overview

- ▶ **Common cold**
- ▶ **Cough and cold medication:
evidence-based data**
- ▶ **Non-pharmacologic therapy**
- ▶ **Case study**

Common cold

Common cold, nasopharyngitis, URI

- ▶ The most common respiratory tract infection
- ▶ Pathogens >200 virus, most common = rhinovirus
- ▶ **Symptoms:**
 - Fever, nasal congestion, nasal discharge (clear, yellow, or green color), cough, and sore throat.
 - Loss of appetite, sleeping difficulty, and less active or playful.
 - Last 1-3 days to 7-10 days.
 - Cough may persist 2 weeks.

Common cold

- ▶ **URI in children 6-8 times/year, 2-4 in adult**
- ▶ **May up to 10-12 times/year**
 - **times of year: rainy, rainy-winter**
 - **times of a child's life: 6 - 24 months and on entry to school**
 - **times of exposure to large number of children or day care**

Common cold: pathogenesis

Virus invades mucosa of upper respiratory tract



Inflammatory response to invasion



Release of inflammatory and vasoactive substances



Dilate small blood vessels



Excessive mucus production + nasal congestion

- ▶ Fluid drips down to pharynx and lower respiratory tract ⇒ **coughing.**