

# Increasing Lung Capacity

**L**ung capacity is defined as the total amount of air in the lungs, right after taking a deep breath; whereas lung volume is the physical dimensions of the lungs. Lung capacity is calculated utilizing the different lung quantities during breathing and exhalation. The lung capacity is measured with a spirometer; as well as an average person can hold about five to six liters of air in his/her lungs. In case of normal breathing, this particular capacity is not fully used.

## Treatment & Diagnosis

During an analysis, the patient will be first checked for almost any respiratory diseases. Breathing issues, like coughing are confirmed throughout a physical test. Other tests to confirm extent and duration tend to be blood tests, chest x-ray, spirometry and screening sputum samples. There is no cure for longterm bronchitis, yet medications, like corticosteroids, are prescribed to help cope with the signs and symptoms. Given that chronic respiratory disease will be bacterial anyway, antibiotics are given.



## Patients With Chronic Bronchitis are Very Vulnerable to Additional Infections

Doctors normally administer a pneumococcal vaccine and annual flu vaccine, to prevent infection risk. The best treatment, is to stop smoking. Avoid second-hand smoke cigarettes at all costs. Air contaminants and also fumes also aggravate the situation, so clean and pure area help ease chronic respiratory disease. Diet plan and health and fitness also help suppress the results. Eat foods rich in vitamin c. Exercise a lot more frequently.

## Drink Fluids: Fluid Intake Helps Keep the Body Hydrated and Replenish for the Liquid Loss

Drink at least eight glasses of water daily to get rid of the phlegm. Chicken soup or comfortable teas are also very helpful for this purpose. Even if you do not seem like eating something, you have to keep balanced diet for the sake of your infant.

## Exhaustion

There is actually an increased sense of exhaustion and fatigue experienced. This is due to the way the actual lungs tend to be functioning due to the further advancement of the condition. Thus, as the scarring advances, the amount of oxygen infused into the blood by the lungs will decrease; therefore, leading to exhaustion and exhaustion.

*Given below is an overview of the signs and symptoms of lung infection caused by various microbial agents along with certain useful cures to stub the root of the infection.*

## What is Often a Lung Infection?

Lung infection is generally referred to as lower respiratory tract infection. This term is synonymous with pneumonia. Lung bacterial infections tend to help to make the average person feel extremely weak, straining the patient's overall health as well. There are two types of infections of the lungs: (1) Chronic; and (2) Acute. The most common bacterial infections of the lungs include pneumonia and bronchitis.

## Lack of Fluid

Lack of liquid may lead to dried up mucus all of which will not really assist in the development of more mucus. Therefore you need to drink a lot of water in order to take care of the fluid balance in your body. The humidity level of the space in which you sleep must also be higher. This will keep your airways moist and will reduce coughing.

## Body Posture

Changing your body posture can help you almost instantaneously stop a coughing fit. Simply sit on a chair and bend toward your knees. While doing so, attempt to control the actual shhh and breathe normally through your nose. Hold your breath for a few seconds and breathe again while in the identical position. Then, lift your head and sit upright. Focus on your breathing pattern instead of the cough. It is likely to reduce then.

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