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by R R

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Bronchodilator refers to a medication type for making breathing easier through muscle relaxation in the lungs. They include Anticholinergic, Theophylline, and Beta-2 agonists. Beta-2 agonists' medications are used in treating both asthma and COPD. Beta-2 agonists are usually inhaled using a small inhaler tool, though it's still available as tablets and syrup. Beta-2 agonists can also be injected in case of sudden and severe symptoms. This type of medications works by triggering receptors known as beta-2 receptors. According to Dunne & Shortt (2018), Beta-2 receptor, in turn, causes airway muscles to relax. Anticholinergic is mainly used for COPD, and just a few are used to treat asthma. Anticholinergic usually widens the airway by blocking the cholinergic nerves. In turn, the nerves releases chemicals that tighten the airway muscles. Theophylline also relaxes muscles by lining them mitigating any swelling in the air ways (Dunne& Shortt, 2018). Theophylline is common in tablets and capsules.

Other possible treatments include Mucolytic, steroid tablets, and stop smoking. In case of constant chest cough, the doctor might recommend using mucolytic medicine known as Carbocisteine. In case of any terrible flare-up, steroid tablets are recommended to mitigate the inflammation in the airway. In the case of someone smoking, stopping is the best approach to prevent COPD from becoming worse mostly recommended at the early stages of COPD (Dunne& Shortt, 2018).

Reference

Dunne, R. B., & Shortt, S. (2018). Comparison of bronchodilator administration with vibrating mesh nebulizer and standard jet nebulizer in the emergency department. *The American journal of emergency medicine*, 36(4), 641-646.

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PAGE 1

PAGE 2

PAGE 3
