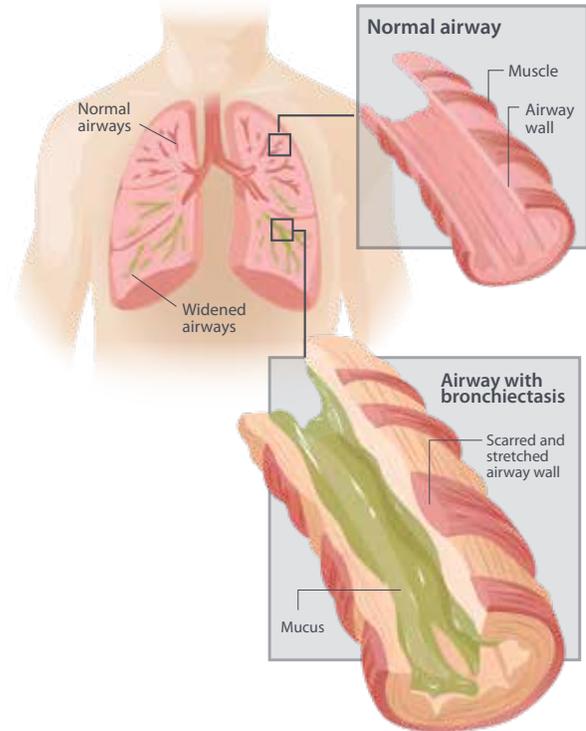


# Understanding your Symptoms

You May Have Bronchiectasis (BE)

## What is Bronchiectasis?

- Bronchiectasis (brong-ke-EK-ta-sis) is a condition where damage to the airways causes them to widen and become flabby and scarred.
- Bronchiectasis usually is the result of an infection or other condition that injures the walls of your airways or prevents the airways from clearing mucus.
- With bronchiectasis, your airways slowly lose their ability to clear out mucus. When mucus can't be cleared, it builds up and bacteria can grow. This can lead to repeated, serious lung infections.
- Each infection can cause more damage to your airways and over time, they lose their ability to move air in and out.
- Bronchiectasis can lead to serious health problems.



## Could you have Bronchiectasis?

A simple screening tool

By answering the questions in this screening tool, you may learn that you could be a candidate for a diagnostic screening for Bronchiectasis (BE).

With the diagnosis of BE, there is more you can do for your respiratory health. A treatment called Airway Clearance Therapy helps remove secretions from your lungs, helping break the cycle of infection — clearing the way for better days.

## How to score your answers

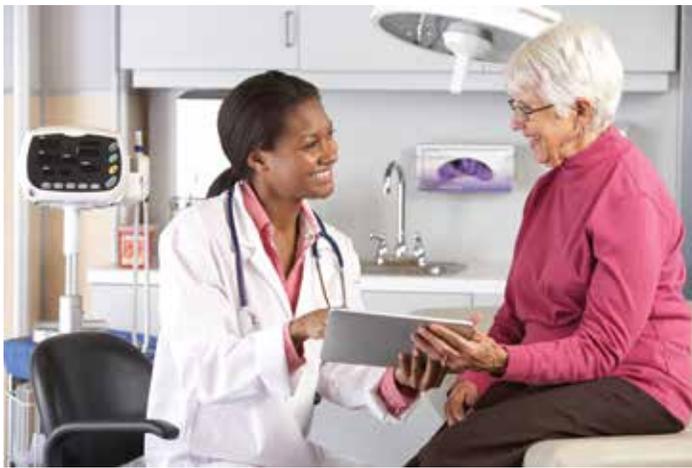
If you answered “Yes” to 3 or more of these questions, talk to your doctor to see if you may be a candidate for diagnostic screening for Bronchiectasis.

Do you have?	Yes	No
Moderate to Severe COPD <sup>1-3</sup>		
Other Chronic Lung Disease <sup>3-5</sup>		
Signs and symptoms in the last 12 months:	Yes	No
Do you frequently cough up mucus or phlegm? <sup>3-5</sup>		
Do your lungs frequently sound congested? <sup>3,4,5</sup>		
Have you needed antibiotics for respiratory infections more than three times? <sup>1,4,5</sup>		
Have you been in the hospital for respiratory infection? <sup>1-4</sup>		

## Getting the most from your doctor visit starts with asking important questions

The best way to help your healthcare providers help you stay healthy is to keep them updated on your symptoms and any changes in how you are feeling. Keeping a log of your symptoms between doctor appointments is a helpful way to keep track of them. Be sure to tell your provider if you've been hospitalized since your last visit.

It can also be helpful to write down questions you have for your healthcare providers as they come to you, and bring them with you to your appointments.



### Below are a few things you may want to ask your doctor:

- Could there be something more going on in my lungs causing these symptoms that don't go away?
- I heard about a lung disease called Bronchiectasis (BE). What can you tell me about it?
- Does my lung condition put me at a higher risk for other lung diseases, like Bronchiectasis (BE)?
- Do you think Bronchiectasis (BE) could be the reason my symptoms haven't gotten any better?
- Should I get a CT scan to find out if I have Bronchiectasis (BE)?
- I think I could have Bronchiectasis (BE). Do you recommend I see a specialist?

*These are sample questions to help get the conversation started. It is not, nor is it intended to be, a medical evaluation, examination, advice, consultation, diagnosis, or treatment. Always consult your doctor for all medical and health-related matters.*

#### Adapted from below references:

1. Martínez-García MÁ1, Soler-Cataluña JJ, Donat Sanz Y, Catalán Serra P, Agramunt Lerma M, Ballestín Vicente J, Perpiñá-Tordera M. Factors associated with bronchiectasis in patients with COPD. *Chest*. 2011 Nov;140(5):1130-7. doi: 10.1378/chest.10-1758. Epub 2011 May 5.
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3. Maguire G. Bronchiectasis A guide for primary care. *Australian Family Physicians* Vol 41. No. 11 November 2012.
4. Barker AF. Bronchiectasis. *N Engl J. Med* 2002; 346: 1383-1393.
5. American Thoracic Society. <https://www.thoracic.org/patients/patient-resources/breathing-in-america/resources/chapter-4-bronchiectasis.pdf> accessed 10-20-16.

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