

WHAT IS BRONCHIECTASIS?



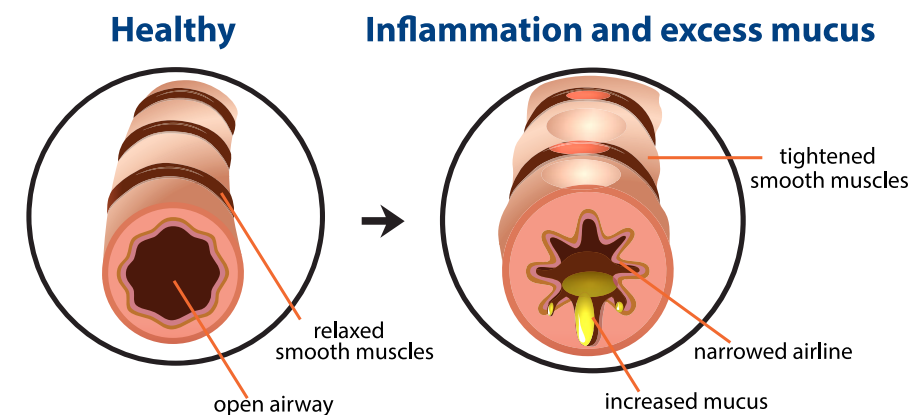
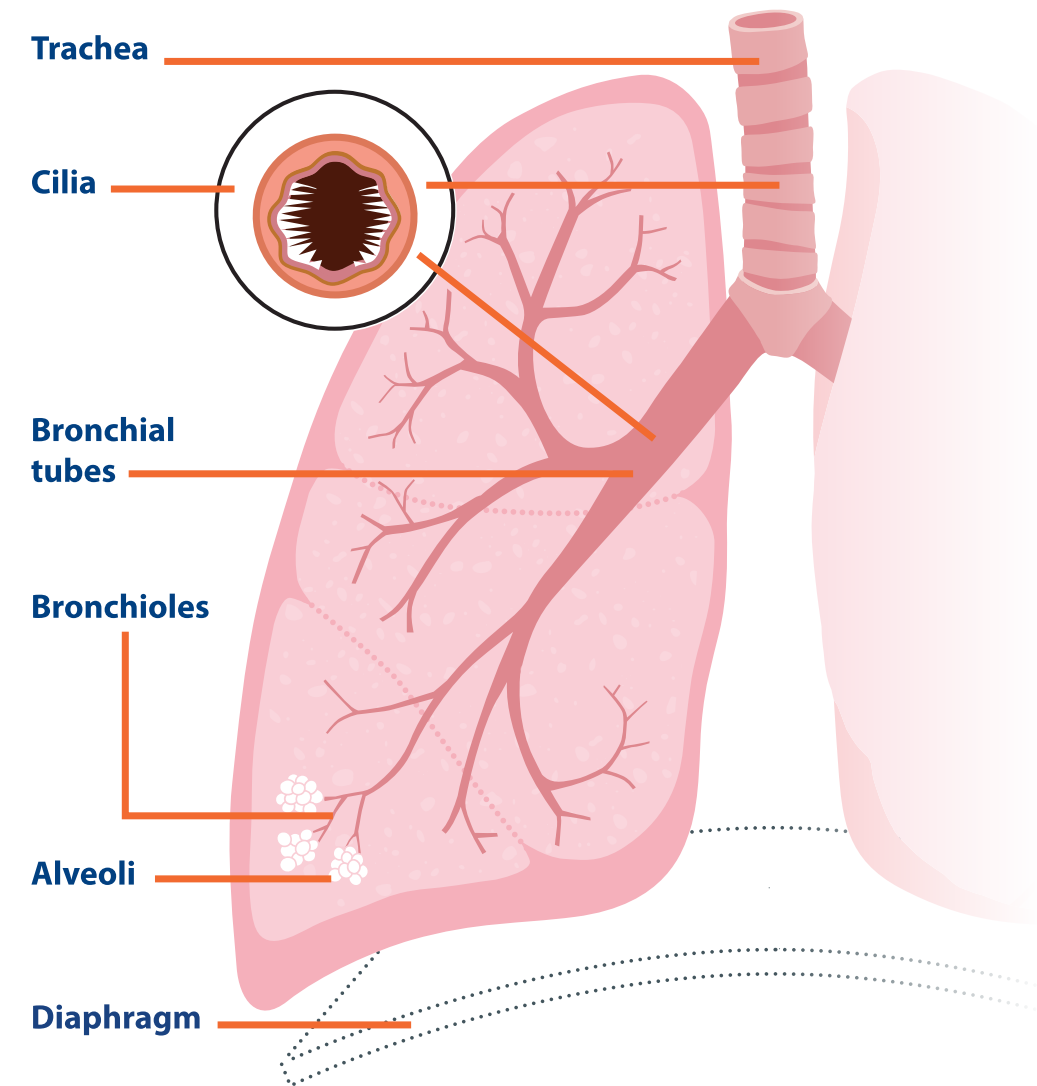
Bronchiectasis can be difficult to describe if you aren't familiar with how the lungs work. Let's take a moment to describe how you breathe!

Before air enters your lungs, it travels into your trachea (windpipe) from your mouth or nose. There are many passageways in your lungs through which air travels. These are called airways. The larger airways are called bronchial tubes. These airways are lined with tiny hair-like structures called cilia. The cilia help to remove mucus by sweeping it through the bronchial tubes so it can be expelled. After the air moves through the bronchial tubes, it fills tiny air sacs called alveoli. The alveoli help to transfer the oxygen from your lungs to the bloodstream.

In bronchiectasis, the bronchial tubes become widened, scarred, and swollen. This can cause difficulty breathing. The cilia in these airways become damaged and are unable to clear mucus from the bronchial tubes. When mucus remains in the airway, it can allow bacteria to grow and cause infections. The airway then becomes more damaged and the bronchiectasis worsens. The mucus pooling can also lead to a cough with varying amounts of mucus.

Bronchiectasis is a progressive disease. There is no cure; however, there are treatments that can help lessen symptoms. Read on to learn more about how to manage this condition.

PARTS OF THE RESPIRATORY SYSTEM



BRONCHIECTASIS FACTS

Bronchiectasis affects nearly

150 per **100,000**

in the United States.¹

This number may underestimate the total number of people with bronchiectasis in the U.S.

Prevalence of

BRONCHIECTASIS

increases exponentially



among people¹

65+

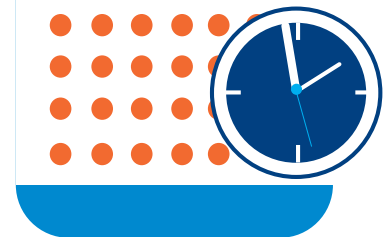
The rate of

BRONCHIECTASIS

cases is increasing by

8%

EACH YEAR



Some studies suggest the percentage may be even higher.¹

BRONCHIECTASIS

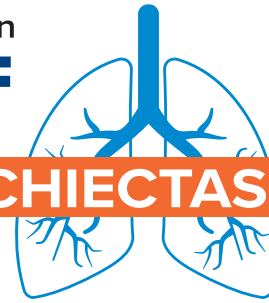
is

NOT COPD

In more than **HALF** of

BRONCHIECTASIS

CASES



HEALTH CARE PROVIDERS



are unable to determine the cause

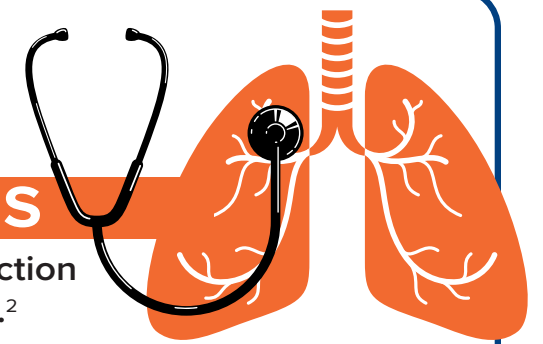
This is referred to as idiopathic bronchiectasis.²

It is reported that

33-42% of

BRONCHIECTASIS

cases happen after a lung infection causes damage to the airways.²



Often there is a delay of years in diagnosing

BRONCHIECTASIS

or it is misdiagnosed.



Smoking does not cause

BRONCHIECTASIS

however, it can make your **symptoms worse.**



CAUSES OF BRONCHIECTASIS

SEVERE LUNG INFECTIONS

Repeated lung infections are the most common known cause of bronchiectasis. Infections that cause bronchiectasis include pneumonia, nontuberculous mycobacterial (NTM) infection, influenza, tuberculosis, whooping cough, and measles. These infections can cause the airways to become inflamed and damaged, which can lead to bronchiectasis.

Frequent, uncontrolled infections may over time lead to more progressive bronchiectasis with an increased burden to those that have it.

LUNG INJURY

Lungs can become injured by food and liquids "going down the wrong tube." This is called aspiration. When this happens often over a period of months or years, the food and liquid can cause inflammation and damage to the airways that can result in bronchiectasis. Although a less common cause, injuries to the lungs, such as smoke inhalation, can also lead to bronchiectasis.

IMMUNE DEFICIENCIES

When your immune system is weak, you are more likely to get lung infections that can lead to bronchiectasis. A weakened immune system may be caused by a decrease in the body's proteins that fight off infections. These proteins are called immunoglobulins.

INFLAMMATORY DISEASES

Some diseases that cause inflammation in other parts of the body can also cause inflammation in the airways and lead to bronchiectasis. Examples of these diseases include:

- Ulcerative colitis: A disease of the large intestine
 - Crohn's disease: A condition that can affect any part of the gastrointestinal tract
- Rheumatoid arthritis: A disease that affects the joints
- Sjögren's syndrome: A condition that affects the eyes, mouth, and lungs

INHERITED (GENETIC) DISORDERS

Some people are born with genes that may lead to bronchiectasis. These include conditions such as cystic fibrosis and primary ciliary dyskinesia. In these diseases, there are problems with mucus amount and consistency due to either increased production or problems with the cilia working properly, which can cause bronchiectasis.

