

LESSON 14

Runny Nose



Patient discussion about runny nose

Give these patients some sound advice:

Q1: I got runny nose every morning and in the evening. Never had this problem before. Worst still is gardening. Why why why?

A1: It is most likely an allergic reaction. So I will suggest you to check that with your doctor, or you can start trying diphenhydramine and loratadine for your symptoms reliever.

Q2: Common cold but dreadful.

I am suffering from a dreadful common cold. As I write: believe me, I long to have done with it. I am not enjoying it in the least. I fear however that I am already too old to see the day when the common cold becomes history. I tried the simple first aid tablets but no use. Could you use this session to help me out?

A2: chicken soup; the best cure!

You can try fresh ginger tea - it really makes it easier...opens up the sinuses, dries up the mucous.

A2: Common cold, the body's natural process of adapting to climate change. It's individuals' own body and the owners lack of looking after its body that causes other problems and our own pollution, which has brought on different strains ie., all man made variants of the flu strain.

Q3: When you get sick (runny nose, cold, cough) do you still workout?

A3: Hmm, depending on how sick I am, I will usually just workout anyway. I feel it mentally helps me

A3: This is a big argument between my roommate and me. He is a medical student and we go running together. He caught a cold about 2 weeks ago and still wanted to continue training. I said it's stupid- he said it won't pose a problem. Of course i was right and he came back in a bad shape that day and he is still coughing and did not get rid of the illness yet. If he would have listened to me then and stayed at home and taking care of himself he wouldn't have to suffer that much today.

Q. When seasons change , a lot of people suffer of runny nose and other common allergy symptoms , why is it always like that when seasons change ?

A4: Seasonal changes tend to cause a lot of allergic reactions, and that

is a known fact with no known mechanism. It is thought that perhaps the more atopic (bound to have allergies) people are, and with an atopic family history, they will develop more allergies during seasonal changes. One theory is that the environmental allergens, such as flower seeds or particles, tend to be in a higher shift and so they are more "in the air". Others believe it has to do with viral infections.

Reading & Discussion

A Word with the DOCTOR

by: Dr. John Winsor

Throw old medicines away

I WENT INTO a house recently where the medicine cabinet looked like a storage unit for unwanted medical rubbish.

There were at least half a dozen bottles of pills inside, some of them nearly empty. All of them were **out of date** and in two of the bottles the pills had turned brown and were **crumbling** away.

This may sound slightly familiar to you. If not, then some of the other contents might: there was an old tube of pile cream that looked nearly empty and a burst tube of steroid cream which had a funny-looking **fungus** growing over part of it.

There were also several large bottles of medicine. One was nearly full of a red liquid and had a thick **streak** of dried, sugary fluid **obscuring** the label. Another bottle had settled out into two **distinct** layers - which stayed as two distinct layers even after a good shaking.

Finally, there was a pair of rather rusty nail scissors and an old tin half full of slightly **grubby** sticking plasters.

That sort of medicine cabinet is of no use to anyone. The whole lot might as well go onto the **bonfire**. But is surprising how many people keep hold of pills and potions long after they were needed. If you are one of those people, now is the time to delve into your medical cabinets and give it a good cleaning.

Throw out anything you cannot identify, or which is over six months old. Anything that belongs to an old or irregular visitor has to go and throw out anything that looks as if it has changed color or consistency.

When you're done, wipe out the medicine cabinet with some liquid **antiseptic** and restock it if needed.

Apart from whatever prescription medicines your family may need, you should include a simple painkiller, an indigestion remedy, a **laxative** and an

anti-diarrheal medicine.

You should also include an **inhalant** and some **calamine** lotion, plus whatever sticking plasters and bandages you can use without tying yourself up in knots!

Vocabulary

- **Rubbish** - garbage
- **out of date** - expired
- **crumble** - To break into small fragments or particles.
- **fungus** - Any of numerous eukaryotic organisms of the kingdom Fungi, which lack chlorophyll and vascular tissue and range in form from a single cell to a body mass of branched filamentous hyphae that often produce specialized fruiting bodies. The kingdom includes the yeasts, molds, smuts, and mushrooms.
- **streak** - A line, mark, smear, or band differentiated by color or texture from its surroundings.
- **obscuring** - make less visible or unclear
- **distinct** - not alike; different in nature or quality
- **grubby** – Dirty
- **bonfire** - a large outdoor fire



- **antiseptic** - a substance capable of preventing infection by inhibiting the growth of microorganisms
- **laxative** - A food or drug that stimulates evacuation of the bowels.
- **inhalant** - (Medicine) (especially of a volatile medicinal formulation) inhaled for its soothing or therapeutic effect
- **calamine** - pink, odorless, tasteless powder of zinc oxide with a small amount of ferric oxide, dissolved in mineral oils and used in skin lotions.

Reference:

<http://www.englishmed.com/>

