



A Simple Guide to Croup, Treatment and Related Diseases (A Simple Guide to Medical Conditions)

Kenneth Kee

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Introduction

Ode to Croup

Croup is an acute childhood infectious disease

It mainly affects children but can occur at any age.

Croup is an air-borne infection that infects the throat and vocal cells

Once infected the child is usually miserable and unwell

Many children with Croup need hospitalization.

Croup usually lives in the throat of an infected person.

There is also fever, stridor and a barking cough

That blocks the air from the narrow air tubes from going through

Croup may be passed through coughs and sneezing

Or from person to person close contact and coughing

Diagnosis is made on the laryngeal stridor and barking cough presence

It can also be confirmed by steeple sign from neck X-rays appearance

Most people with Croup will recover from their illness.

Croup patients need corticosteroids and antibiotics for their sickness

Bed rest, oral fluid and respiratory care will help recovery

Recovery is usual within 7-10 days with no damage to the body

-An original poem by Kenneth Kee

Interesting Tips about the Croup

A Healthy Lifestyle

1. Take a well Balanced Diet

2. Treatment of Croup:

a. Rest, fluids and oxygen

b. Humidifiers and steam inhalations

c. Corticosteroids especially dexamethasone are the most commonly used agent as it reduces inflammation

d. Antibiotics are not useful because the cause is viral.

If there is bacterial tracheitis, antibiotics may be needed

e. Bronchodilators such as theophylline, epinephrine, ventolin, bricanyl are all-helpful to open the airways

f. Intubation and tracheotomy may be needed in severe cases.

3. Keep bones and body strong

Bone marrow produces our blood

Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.

Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.

Eat food rich in Vitamins B and C such as green vegetables and fruits

Zinc and other minerals are important to the body

4. Get enough rest and Sleep

Avoid stress and tension

5. Exercise and stay active.

It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week.

One way to do this is to be active 30 minutes a day at least 5 days a week.

Begin slowly especially if a person has not been active.

6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.

Alcohol use also increases the chance of falling and breaking a bone.

Alcohol can affect the neurons and brain cells.

7. Stop or do not begin smoking.

It also interferes with blood supply and healing.

Chapter 1

Croup

Croup is an acute viral disease of the upper and lower respiratory tract associated with inspiratory stridor (whistling obstructive sound during inhalation) and respiratory distress in severe cases.

Croup is due to swelling around the vocal cords.

It typically affects infants and children below 6 years old.

It causes a typically barking type of cough and hoarseness of the voice due to obstruction at the vocal box.

Viral infections:

1. Parainfluenza virus, primarily types 1 and 2

Croup is usually caused by parainfluenza viruses.

2. Other viral infections that can cause croup include RSV, measles, adenovirus, influenza, adenorhinoviruses, enterovirus and mycoplasma pneumoniae

Genetic predisposition:

Some families are more prone than others to get the disease.

It is also more common in males than females.

Allergies

Breathing in something that irritates your airway

Acid reflux

Croup was once a deadly disease caused by diphtheria bacteria.

However modern day antibiotics and immunizations have helped prevent or treat it.

Today most cases of croup are mild.

Nevertheless it can still be dangerous.

Croup features a cough that sounds like a seal barking.

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