



## **What Does Your Cough Say About Your Health?**

**Coughing is one of the most common symptoms of respiratory issues. Many people often dismiss it as a minor sign of a cold, but in reality, the type of cough can reveal much more about your underlying health condition. Understanding the different types of coughs is important for early detection and timely medical attention.**

# Dry Cough

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Possible causes of dry cough:

- Influenza
- COVID
- Allergic rhinitis
- Early stage bronchitis
- GERD
- Side effects from blood pressure medications

## Possible causes of wet cough :

- **Influenza**
- **COVID-19**
- **Allergic rhinitis**
- **Early-stage bronchitis**
- **Acid reflux (GERD)**
- **Side effects from certain blood pressure medications**

## Wet/Productive Cough

This type of cough produces phlegm or mucus. It occurs when the body is trying to expel waste or foreign substances from the lungs or airways. The color and texture of the mucus can help determine the severity and type of infection.



The infographic features a title 'Wet Cough' in a white rounded rectangle. Below it is a purple rounded rectangle with a white silhouette of a person coughing. The main text is in a white rounded rectangle with a light blue border. At the bottom, there are four circular icons representing different conditions: Bronchitis, Pneumonia, COPD, and Respiratory tract infections.

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Possible causes of dry cough:

- Bronchitis
- Pneumonia
- COPD
- Respiratory tract infections

### Possible causes of wet cough :

- **Bronchitis**
- **Pneumonia**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Respiratory tract infections**



## Night-time Cough

A cough that occurs mainly at night or when lying down can disrupt sleep and affect daily quality of life. It's often related to body position or internal conditions like reflux or airway constriction.

Possible causes of nighttime cough :



The infographic features a title 'Night-time Cough' in a white rounded rectangle. Below it, a purple rounded rectangle contains an icon of a head with a crescent moon and a cough symbol. The main text area is white with a light blue border and contains a definition of the cough and a list of causes. The causes are represented by four circular icons: a person with a lightning bolt (Asthma), a person with a stomach (GERD), a person with a person icon (Allergies), and a person with a heart (Congestive heart failure). The background is light gray with snowflake icons.

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Possible causes of dry cough:

- Asthma
- GERD
- Allergies
- Congestive heart failure

## Possible causes of wet cough :

- **Asthma**
- **GERD**
- **Allergies**
- **Congestive heart failure (especially if accompanied by breathlessness)**

# Chronic Cough

**A cough that lasts longer than 3 weeks and does not improve should not be ignored. Chronic coughs may signal underlying long-term or serious conditions that require prompt medical investigation.**



The infographic features a light gray background with several blue snowflake icons. At the top left, the title "Chronic Cough" is displayed in a white rounded rectangle. To its right is a purple rounded rectangle containing a white icon of a person's head with a clock and an arrow, symbolizing duration or time. Below the title, a white rounded rectangle contains the text: "A cough that lasts longer than 3 weeks and does not improve should not be ignored. Chronic coughs may signal underlying long-term or serious conditions that require prompt medical investigation." Underneath this text, the heading "Possible causes of dry cough:" is followed by four circular icons, each with a label below it: a sun-like icon for "Tuberculosis (TB)", a lung icon for "Lung cancer", a bronchus icon for "Chronic bronchitis", and a heart icon for "Heart or lung-related diseases".

## Possible causes of wet cough :

- **Asthma**
- **GERD**
- **Allergies**
- **Congestive heart failure (especially if accompanied by breathlessness)**



**Don't Ignore a Persistent Cough** while coughing is common and can happen to anyone, it shouldn't always be seen as a minor issue. It may be your body's way of warning you about something more serious. If you experience a persistent cough or belong to high-risk groups – such as smokers, people exposed to air pollution, or those with a family history of lung cancer – consider getting a lung health screening. The earlier you know, the better your chances of prevention and effective treatment