

# An Overview on Most Common Pediatric Respiratory Diseases

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## DESCRIPTION

The human respiratory tract is an easy point of entry for bacteria that may potentially cause illness because it is open to the outside world to let air in and carbon dioxide out. It is very common for illnesses to affect the nose, throat, and lungs, especially in children who have not yet developed immunity to the frequent viruses and bacteria that can cause such issues.

The influenza virus, usually known as the flu, typically produces high fevers, muscular aches, exhaustion, coughing, and a runny nose for five to seven days. Even fatal cases of influenza have been reported, particularly in young infants. Kids often have greater fevers than adults do, and they also typically have worse stomach problems. If a child does acquire the flu, there are vaccines that can significantly lower their risk of getting the illness or diminish their symptoms. Children as young as six months old can receive vaccinations. Since the formulation of the vaccines varies each year in anticipation of the strains anticipated to be common in the upcoming season, they must be given annually. After administration, the vaccination takes around two weeks to start working.

The common cold, also known as an upper respiratory infection, is brought on by viruses and is the main reason children miss school. A secondary pneumonia is less likely to develop from a common cold, which is normally less severe than influenza.

More than 6.2 million children in the United States, or roughly 8% of all American children, have asthma, according to the Centers for Disease Control and Prevention. Coughing, tightness or pressure in the chest, shortness of breath or trouble breathing, and wheezing or whistling while exhaling are all symptoms of the potentially very deadly lung illness known as asthma. The majority of adult symptoms are similar to those in children. Adults, however, could suffer symptoms that last longer. In addition to asthma, children are more likely than adults to also have allergies. A variety of things, like breathing in dust or pollen or being exposed to an allergen like pet dander, can cause asthma episodes. Children who have asthma are more likely to get bronchitis or pneumonia. According to the American Lung Association, it's also the third most common reason for pediatric hospitalizations.

Sinusitis, which is also known as a sinus infection, is an inflammation or swelling of the sinus tissue. These normally air-filled sacs located behind the nose and eye can get clogged with fluid, which can cause an infection. It frequently follows a cold or the flu, or it could be brought on by allergies. In addition to a sore throat and runny nose, sinusitis can cause coughing, a runny nose, pain and pressure in the face, especially behind the eyes and nose, post-nasal drip, poor breath, nausea, and vomiting. It can also make you feel quite stuffed-up or congested. Symptoms may last longer in children than in adults. An over-the-counter decongestant or using a Neti pot to irrigate the sinuses may help decrease the inflammation and relieve pain. The pediatrician could recommend an antibiotic if a bacterial illness is present. In children with recurrent sinusitis, surgery to clear the clogged areas may be recommended.

The large breathing tubes in the lungs known as bronchi, which are affected by bronchitis, are inflamed. It typically results from a virus and can happen after a cold or the flu. A typical symptom of the flu is a persistent cough, which can last for three to four weeks after the virus has left the body. Children who have allergies, asthma, or chronic sinusitis are more likely to get bronchitis. Bronchitis and asthma can occasionally be confused with one another.

Laryngotracheobronchitis, another name for croup, is typically brought on by a virus that causes swelling in the trachea (windpipe) and larynx (voice box). When you take a deep breath in, the swelling restricts the air's ability to freely enter your lungs, which results in a high-pitched wheezing or sort of squeaking sound. Croup is normally treated with rest, drinks, over-the-counter anti-inflammatories, and pain relievers such as ibuprofen or acetaminophen because it is typically caused by a virus. Inhaling humidified air may also make it easier to breathe, particularly at night. Your youngster may require steroids in extreme cases to reduce inflammation and ease breathing.

Compared to adults, who are only approximately 1 in 10 likely to have strep throat, children can get strep throat up to 3 times more frequently than adults. Antibiotics are frequently used to treat strep throat because it is brought on by a bacterial infection. The most popular antibiotic is either amoxicillin or penicillin, taken for 10 days. Rheumatic fever, a significant

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inflammatory disorder that affects the heart, joints, neurological system, and skin, can develop if it is not treated, which is a serious health risk. Additionally, it can cause kidney and rheumatic heart problems.

A pulmonary infection leads to pneumonia, which can develop into a serious illness. According to the World Health

Organization, pneumonia is to blame for 15% of all fatalities in children under the age of five. After the child has suffered from a cold, severe flu, or strep throat, pneumonia may appear. The cause could be viruses, bacteria, or fungi. Bacterial pneumonia can be treated by using antibiotics.