

## COUGH SUPPRESSION TECHNIQUES

THE COUGH IS OUR NATURAL METHOD OF CLEARING FOREIGN DEBRIS FROM OUR AIRWAYS AND LUNGS. HOWEVER, SOMETIMES IF ITS NONPRODUCTIVE, THE COUGH CAN CREATE OTHER ISSUES SUCH AS VOCAL CHORD DYSFUNCTION AND VOICE PROBLEMS. AIRWAY IRRITATION IS ENHANCED CREATING MORE COUGHING. SOMETIMES IT'S BEST TO TRY TO PREVENT THAT COUGH. HERE ARE SOME METHODS TO TRY:

TAKE ICE CHIPS OR COLD WATER INSTEAD OF USING COUGH DROPS

DO A HARD SWALLOW WHEN YOU FEEL A TICKLE OF A COUGH

DO A HARD SWALLOW WHILE MANIPULATING THE ADAM'S APPLE TO REPOSITION THE LARYNX

TRY BREATHING MORE FROM THE NOSE WHICH WARMS AND HUMIDIFIES THE AIR (LESS IRRITATING TO THE AIRWAY)

TRY TO EAT MORE WET SNACKS THAT PROVIDE HYDRATION (FRUITS)

RUN A HUMIDIFIER FOR MORE HUMID ENVIRONMENT

TRY TO MINIMIZE COUGH DROPS WITH MENTHOL OR GARGLING

DO NOT BREATHE FROM THE MOUTH

DO NOT EAT FOODS THAT CAN EXACERBATE GASTRIC REFLUX (CHOCOLATE, COFFEE, CAFFEINE, NUTS, ALCOHOL, CARBONATED BEVERAGES, TOMATO, SPICY FOODS, PEPPERS, ONIONS, AND FATTY OR DEEP FRIED FOODS.