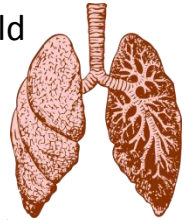
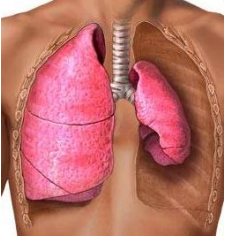


# Shortness of Breath/SOB

## What is it?

- **Shortness of Breath/SOB** – or dyspnea is a worrisome symptom and has many acute and chronic causes;
  - **Sudden & Severe SOB**- with chest tightness or pain maybe a heart attack, or you may have a condition in which air gets between the chest wall and the lungs called Pneumothorax or a pulmonary embolism where the blood clot has moved from the leg to the lungs or a collapsed lung/atelectasis in which you need to call 911 immediately
  - **Episodes of SOB with wheezing**- may be an infection or asthma that causes narrowing of the bronchial tubes
  - **SOB been slowly getting worse**- with years of cigarette smoke, fumes, and dust may have COPD/chronic obstructive pulmonary disease a lung disease that includes emphysema and chronic bronchitis
  - **Harder to Breathe when lying down**- with swollen ankles and feet may have CHF/congestive heart failure which can cause fluid to build up in the feet and lungs



## Symptoms:

- **Symptoms**- chest feels tight, can't get enough air, cough, chest pain, fever, difficult or uncomfortable breathing or a feeling of not getting enough air

## Facts:

- **Caused by**- asthma, panic attacks, heart failure, emphysema, smoking, lung diseases, a blockage of the air passages in your mouth, nose or throat, anxiety, pneumonia, COPD/chronic obstructive pulmonary disease, pulmonary hypertension, pulmonary embolism, croup, obesity, allergies



## What can I do?

- **See your Health Care Provider**- for more information
  - **Tests**- ECG/electrocardiogram, x-ray, CT/computerized tomography, spirometer, blood test
  - **Spirometer**- measures the strength of your breathing and the oxygen level in the blood