



ŠTĚPÁNKA SEKANINOVÁ & MARTA MATUS



Little Doctor's Book

UNPLEASANT DISEASES AND HOW TO TREAT THEM





Cold



ACHOO! ACHOO, ACHOO AND ONE MORE ACHOO. IS YOUR NOSE RUNNY WHILE SNEEZING? WELL, YOU'VE GOT YOURSELF A COLD – OR TECHNICALLY SPEAKING, INFLAMMATION OR SWELLING OF THE NASAL MUCOSA, CATARRH, AN UPPER RESPIRATORY TRACT INFECTION. IT'S USUALLY CALLED JUST THE COMMON COLD.



I CAN'T GO LITERALLY ANYWHERE WITH SUCH A RED NOSE, CAN I?

ACHOO!!!



WHEN THE COLD SETTLES



You keep blowing your nose and you just can't get rid of the annoying mucus. You have trouble breathing, you don't feel like doing anything and your only wish is to have your nose clear again: no stuffy nose, just oxygen flowing through your nostrils. In this case, you are experiencing posterior rhinorrhoea.

I'LL DROWN YOU, GOLD!

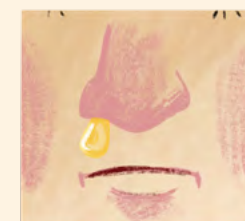


BLOWING YOUR NOSE IS A REAL SCIENCE



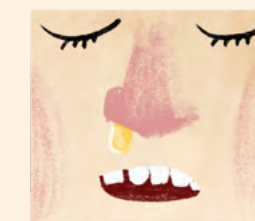
If you are serious about the cold and want to get rid of it responsibly, you need to blow your nose properly. You might think that blowing your nose is easy. Well, it's not as simple as it seems at first glance! So, let's learn the 5 following steps about how to blow your nose correctly.

STEP 1:



You have a runny nose...

STEP 2:



Open your mouth slightly and close your eyes.

STEP 3:



Place the handkerchief to your nose, press down one nostril and blow out the mucus.

STEP 4:



Repeat for the second nostril.

STEP 5:



After blowing your nose, wash your hands.

Three types of colds



ACUTE COLD



Before you know it, you catch it. You blow your nose all the time. You probably caught a virus somewhere that caused your cold.

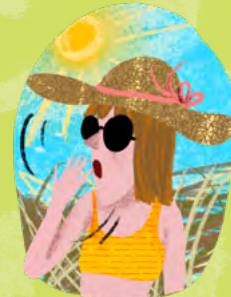
CHRONIC COLD



Your nose is runny basically 24/7. For example, in the spring – if you are allergic to pollen – or in the summer if you are allergic to hay. In short, allergens are responsible for this type of cold.



SPRING



SUMMER



AUTUMN

EPISODIC COLD



This is the kind of cold you catch when, for example, something accidentally flies into your nose or you enter a room full of smoke.



FIGHTING A POSTERIOR COLD



The number one principle for getting rid of a posterior cold is to properly dilute the mucus, so that your nose becomes runny and clears. So, humidify the air, drip salt water into your nose and drink like there is no tomorrow! In essence, apply a similar treatment to a viral cold. And keep blowing your nose.



MMMM! WHAT A RELIEF!



THE LIFE CYCLE OF THE COLD



You can recognize the beginning of a cold, which goes hand in hand with a chill, by an itchy nose, sneezing and a clear water-like liquid on your handkerchief. This will be replaced later by a thicker mucus, proof that your cold has progressed to the next stage. And how long does it take until the cold disappears? A week, maybe seven days.



A LITTLE BIT OF ECOLOGY AT THE END



Are you serious about being environmentally friendly? Then we definitely recommend using cloth handkerchiefs. Tissue paper, which is not made of recyclable material, has a worse impact on the environment than cloth handkerchiefs, which last longer. So, let's blow our noses in the most green way possible!



Tonsillitis



OPEN YOUR MOUTH NICE AND WIDE! THE DOCTOR WILL EXAMINE YOUR THROAT. YOU SAID YOUR THROAT HURTS SO MUCH THAT YOU CAN'T EVEN SWALLOW. DO YOU HAVE A FEVER? AND WHAT ABOUT YOUR HEAD? IS IT HEAVY? ARE YOU COUGHING? IS YOUR NOSE STUFFY? WELL, IT LOOKS LIKE YOU HAVE TONSILLITIS! AND THAT'S JUST WHAT IT IS! TEXTBOOK TONSILLITIS. HOW CAN THE DOCTOR TELL? WELL, THEY SEE A RED THROAT AND THE STATE OF THE TONSILS WHICH ARE LITERALLY BURNING IN YOUR THROAT. TONSILLITIS IS, AFTER ALL, INFLAMMATION OF THE PALATINE TONSILS.



THE DOCTOR SAID TO EAT ICE CREAM, DADDY!



NICE, THEY HAVE VANILLA!



PALATINE TONSILS!

Where can you find these? In your throat of course! And they should not be underestimated. These two tonsils catch all the bad viruses and bacteria that keep us company all the time. It's no wonder they, from time to time, grow tired, turn red, swell and allow the tonsillitis to take over.

HOW TONSILLITIS IS TREATED?

If a virus is to blame for our tonsillitis, natural remedies will help. In that case, you should lie down and rest – I know, who wants to stay in bed when the weather is nice, but disease is disease. The patient should also drink herbal teas and take vitamins in all forms. Oh, and one last pleasant thing. It is recommended to eat a small amount of ice cream. A cold diet overall will soothe and relieve the sore throat. If the tonsillitis is, however, caused by bacteria, the ice cream will still help, but it will be necessary for the patient to take antibiotics – medicine that will drive the tonsillitis away.





OTOLARYNGOLOGIST



It sounds like a spell that will cure tonsillitis, doesn't it? But do not be fooled. This knotty and in a way enchanted word, which sometimes teases our tongue, is a doctor who can cure all diseases that affect our noses, necks and ears.

DON'T WORRY, I WON'T BITE.



ICE CREAM SECRET



If your parents are reluctant to buy you another ice cream with the excuse that it will make your throat sore or that you could even catch tonsillitis, you can set them straight! You already know that ice cream does not burn your throat, quite the opposite! And tonsillitis is caused only by viruses or bacteria. On the other hand, eating too much sweet ice cream – soft serve, scooped and even an ice cream bar – can upset your belly or cause intestinal flu. We will talk about that on page 56.

YIPEE! THE THIRD ICE CREAM TODAY!



And what about a simple cough?

Do you have a tickle in your throat? Are you coughing? What can one do about a cough? How do we treat it?

STEP 1

First, it is important to determine whether we are dealing with a productive or non-productive cough.

A PRODUCTIVE COUGH is a cough that brings up phlegm. It usually occurs when we catch a cold.

A NON-PRODUCTIVE COUGH is dry and irritating. It is actually an accompanying manifestation of an already caught disease (most often flu and tonsillitis).

STEP 2

If we know the type of cough we are dealing with, we are partly there. If we have a non-productive cough, it's best to see a doctor and follow their advice and take the prescribed medicine. If we have a productive cough, it is important to dilute the phlegm that causes it. How? With a sufficient supply of fluids: water, herbal teas, fruit and vegetable juices, even soup counts as well. And do not underestimate the power of syrups, tinctures and menthol cough drops, which can make the process more enjoyable! On the other hand, you should avoid milk and dairy products, which support the production of phlegm and we want to – er, um, chrrr – get rid of it first and foremost!



Pneumonia

ACHOO! THE COUGH AGAIN, I CANNOT EVEN CATCH MY BREATH. IT'S WHEEZING AND WHISTLING IN MY LUNGS LIKE A POORLY OILED MACHINE. OUCH OUCH, I DON'T LIKE THIS. THE PAIN FEELS LIKE A HEAVINESS OR STABBING SENSATION IN MY CHEST AND I'VE DEVELOPED A HIGH FEVER. WHAT DO YOU CALL MY NEXT DISEASE? PNEUMONIA... WHAT A DELICATE AND LOVELY NAME FOR A MAGICAL FAIRY.

THAT'S WHAT MY LUNGS LOOK LIKE? EHM!

PNEUMONIA OR...

Inflammatory condition of the lungs... which does not sound all that poetic, does it? Well, pneumonia is no peaceful and mild disease at all! Without hesitation, it will sink into your lungs and cause breathing problems. As a result, shortness of breath occurs, you are coughing and rushing to the doctor's, completely exhausted.

SHOW ME!



X-RAY?

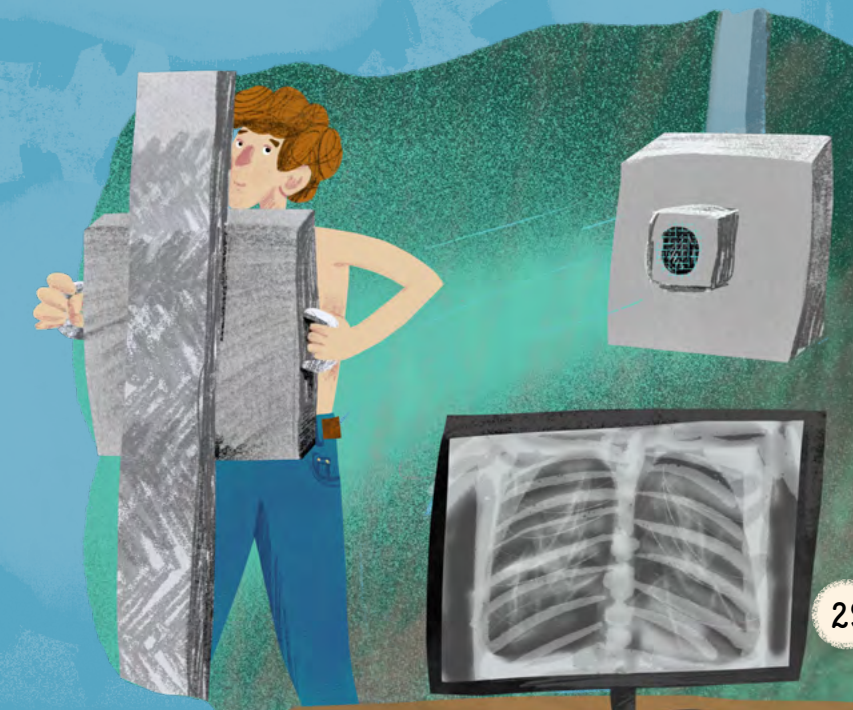
An X-ray machine is a special device for examining patients using radiation, which allows the doctors to see everything. The rays will look at the patient, or in the patient we should say, and examine the insides of the body, in our case the lungs, where they search for an inflammatory lesion. The result of such an examination is an X-ray image.

WHAT IS PNEUMONIA?

Pneumonia is an inflammation of the lungs which has jumped from the airways to the lung tissue. Bacteria are often to blame. Pneumonia could receive a medal for being ranked among the most common, fairly serious, lung diseases.

DOCTOR, DOCTOR, HELP ME!

Finally, you are in the hands of your rescuer in a white coat. They will do a check-up and send you for... another peculiar word... an X-ray examination, so that they can quietly look directly into you and your poor lungs.



HOW IS PNEUMONIA TREATED?

Bed rest. Once the pneumonia has attacked us and got its claws into us, we have no choice but to lie down with the head end of the bed elevated to support breathing, take antibiotics and vitamins, sleep and rest and wait patiently for the pneumonia to finally leave us. In worse cases of pneumonia, it can take as long as two months! Patience is therefore really important.

VITAMINS,
ATTACK!



COVER ME, PLEASE,
I AM TOO SHY...

LUNGS AND BRONCHI

The lungs can be found in the middle of your chest. Their function is to bring in air from the atmosphere and pass oxygen to the bloodstream. From there, it circulates to the rest of the body. The bronchi are an integral part of the respiratory system, they look like two tubes that conduct air from lung to lung.



Pneumonia versus Bronchitis

Similarly to the lungs, the bronchi are prone to inflammation which is called bronchitis. If this common disease of the respiratory system, which is completely innocent at the beginning, is not treated, it often leads to pneumonia.

WARNING SIGNS OF BRONCHITIS

A cold, runny nose, uncomfortable scratching in the throat, a cough and pressure on the chest. This is how bronchitis starts. If this is your case, immediately get into bed and drink tea, ideally the herbal kind.

THIS CALLS FOR
A LOT OF TEA.



BRRR, IT'S
GOLD...



ACUTE OR CHRONIC

Acute bronchitis most often attacks us in cold weather, in the winter and is caused by viruses. With chronic bronchitis, there is a narrowing of the bronchial tubes and the patient has long-term breathing problems. More often than not, tobacco smoking is to blame.

Allergy

THE SUN IS SHINING, BEES ARE FLYING AND, WITH A HAPPY BUZZ, THEY RUSH TO FRESHLY BLOOMING FLOWERS. THE GRASS WAVES WITH A SLIGHT BREEZE, IT'S SPRING. FINALLY! EXCITED PEOPLE RUN OUTSIDE, DANCING IN THE MEADOWS. ACHOO, ACHOO! SOME OF THEM, HOWEVER, PREFER TO OBSERVE ALL THE BEAUTIES OF THE WORLD FROM BEHIND THE WINDOW. THE MOMENT THEY LEAVE THEIR HOUSE, EVEN FOR A LITTLE WHILE, THEIR NOSES AND EYES WATER AND THEY BEGIN CONSTANTLY SNEEZING. WELCOME TO THE WORLD OF ALLERGY SUFFERERS.

I'LL SPRINKLE YOU ALL WITH MY POLLEN!

ACHOO, WHERE IS THE POLLEN STILL COMING FROM?

LADY ALLERGY

If an allergy were to be introduced itself, it would bow down and provide a definition of its "personality" in a serious tone. You would then learn that an allergy is when our body reacts inadequately to completely harmless and common substances from the environment. A hypersensitive immune system is to blame. There are two main types of allergies: seasonal and chronic. A seasonal one is connected with, for example, spring pollen, and a chronic to medications and food.

AN ALLERGEN

Some substances cause allergies quite often and regularly. We call them allergens. The most common allergens include food, dust, mould, pollen, animal dander, insect venoms, mites or medications. The most common food allergens are: milk, dairy products, nuts, fish, seafood, soy, wheat.

POLLEN AND DUST ALLERGY

Allergies to pollen and dust are mainly manifested by watering eyes, their redness or swelling, sneezing, a stuffy or a runny nose.





INSECT ALLERGY



If a person is allergic to an insect venom, the affected area will definitely swell quite a bit. They may, among other things, begin to suffocate and feel dizzy as a result of a drop in blood pressure.

AN ALLERGEN TO BATTLE AN ALLERGY



Are you ready to get rid of an allergy? Then ten out of ten doctors recommend a treatment called – prepare your tongues for a twister – allergen immunotherapy. What does it involve? In the form of tablets or vaccines, doctors will administer small doses of allergen extracts which are an issue for the patient. If you are, for example, allergic to yucky mites in your bed, open your mouth and get ready for a spoon of mites (I'm just joking around, they are incorporated into special drops). Does pollen irritate you? A few pollen vaccines in the buttocks or in the arm and if it all goes well, in the future, you can run through a blooming meadow without sneezing once.

A TEASPOON OF MITES TO KEEP THE DOCTOR AWAY!



FOOD ALLERGY



People with food allergies should carefully study the ingredients of the food they are eating. Eating the wrong food can cause a severe allergic reaction. A swollen tongue and neck can be life threatening. In addition, a food allergy can cause swelling of the face, lips, vomiting, cramps or diarrhoea.



DANCING IN THE FLOWERS...



I WILL BE BACK



An allergy is a quite unpredictable lady. She can join us at any time during our entire long life. She may even disappear for a while only to come back after years. Well, the allergy is, in short, herself.

WATCH OUT, ECZEMA



Repetition is the mother of learning. Those who have read the entire book carefully and stayed with us this far already know that allergies can also occur in the form of rashes, blisters and eczema. Atopic eczema occurs, for example, in people who have allergies.



WOULD YOU LIKE TO BECOME A DOCTOR? THEN A BOOK FULL OF THE MOST ANNOYING ILLNESSES WILL BE JUST WHAT YOU NEED... ALONG WITH CLEVER AND EVEN ENTERTAINING ADVICE ON HOW TO HANDLE THEM. IS YOUR FRIEND SUFFERING FROM A COLD? DOES YOUR GRANDMOTHER HAVE A WART? IS YOUR BROTHER SPRAYING EVERYONE AROUND WHEN HE COUGHS AND DO YOU YOURSELF HAVE STOMACH PAINS AGAIN ON MONDAYS BEFORE SCHOOL...?



Whether you want to help people around you or just have an interest in what that mysterious otorhinolaryngologist is, this book is the one for you. You will not only learn that there are three kinds of colds, but also how to tell the difference between heatstroke and sunstroke or how not to scratch yourself to death when you finally catch that infamous chickenpox which everyone keeps talking about. One thing we can promise is that you won't be bored for even a second as you learn about all the possible illnesses and ailments!



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