

Chronic Cough & Excessive Throat Clearing

IMPORTANT FACTS ABOUT COUGH:



1 COUGH PROTECTS THE BODY

Coughing clears things from the throat and airways which may cause harm (e.g. dust, phlegm, mucus)



2 COUGHING IS TRIGGERED BY IRRITATION

A vicious cycle occurs where irritation leads to coughing which causes further irritation



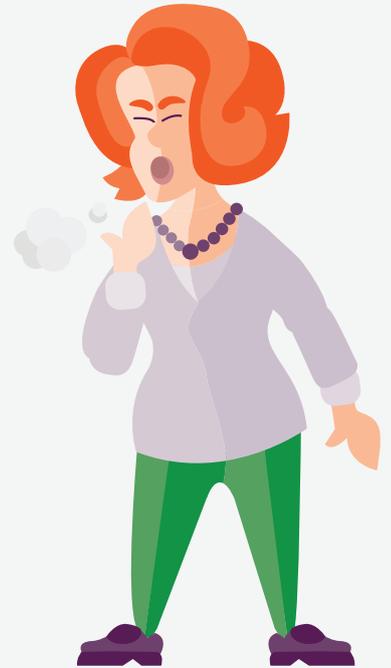
3 COUGHING IS NOT ALWAYS NECESSARY

Chronic coughing happens even when there is nothing to clear



4 COUGHING CAN BE AUTOMATIC OR DELIBERATE

Sometimes coughing can be suppressed, while other times you may cough deliberately



SPEECH PATHOLOGY CAN HELP YOUR COUGH:

1 BY HELPING INCREASE CONSCIOUS CONTROL OVER YOUR COUGH

- Voluntarily control your cough
- Irritation may still build up, but you will eventually be able to control or suppress the cough



2 BY REDUCING IRRITATION THAT TRIGGERS COUGHING

Reduced irritation in the throat and airway



Reduced coughing

