

Get the facts about **BRONCHIECTASIS**

MYTHS **BUSTED**

Bronchiectasis
only happens
to older adults

FACT: Bronchiectasis happens in people of all ages, even in infants. But the likelihood of getting it increases with age. So more people ages 75 years old or older have bronchiectasis than people ages 18 to 34.



Bronchiectasis
is curable

FACT: While a doctor's care can slow the progress of the disease, bronchiectasis is not curable.

I don't feel sick
so I don't have
to take any
medications.

FACT: It is important that you take your medications as prescribed, even when you aren't experiencing a flare-up. Taking medications regularly can help make it easier to breathe and slow down the damage bronchiectasis can do to your lungs.



I only have to do mucus
clearance therapy when
I have a flare-up.

FACT: Just like with your medications, it is important to clear mucus out of your lungs every day – even when you don't have a flare-up. Keeping your airway clear of mucus helps prevent the infections and inflammation that can damage your lungs.



Don't let misconceptions about bronchiectasis prevent you from getting the support you need to improve your breathing. Learn more by going to chestfoundation.org/Bronchiectasis



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Bronchiectasis
is contagious.

FACT: Bronchiectasis is not contagious. Unless your friends or family have a serious lung problem, it is unlikely you could infect them.



Bronchiectasis means
I'll have to take
antibiotics daily for the
rest of my life.

FACT: Most people with bronchiectasis only have to take antibiotics when they have flare-ups, not all the time.

I get breathless, so
I shouldn't exercise,
especially during
flare-ups.

FACT: Keeping active and staying physically fit can help prevent bronchiectasis from progressing. A physical therapist and/or respiratory therapist can help you design a program to pace all your physical activities, including exercises to strengthen your airways.



There's nothing I can do
to prevent my
bronchiectasis from
getting worse.

FACT: Continuous treatment almost always alters the progression of bronchiectasis. By keeping your airways clear, dealing with flare-ups from the start of when they happen, and overall good health and wellness techniques, you can dramatically slow the progress of the disease and make living with bronchiectasis manageable.