

Dyspnea

Dyspnea is defined as being hungry for air. It is manifested as rapid inhalations and exhalations. Breathing is labored and difficult and may even be painful. It may feel like a smothering sensation or the inability to catch a good normal breath.

Dyspnea is commonly associated with audible breath sounds without a medical instrument, an anxious or distressed facial expression, mouth breathing or gasping, dilated nostrils, and obvious bluish discoloration around the oral mucosa and lips.

Factors that may contribute to Shortness of Breath (Dyspnea)

- Pain
- Anxiety
- Fluid Accumulation
- Increased Activity or Exercise
- Anemia
- Fever
- Depression
- Excess Sodium Intake
- CHF/Congestive Heart Failure
- Asthma
- Bronchitis
- Pneumonia
- COPD/Chronic Obstructive Pulmonary Disease
- Altitude Change
- Exposure to Chemicals
- Constipation
- Lack of Exercise
- Smoking
- Obesity
- Allergies
- Dust

