

Bradypnea: Symptoms and its Treatment

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Opinion Article

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DESCRIPTION

Bradypnea is an abnormally slow breathing rate. It's a symptom of an underlying health condition, which may include hypothyroidism, head injuries or opioid or heavy alcohol use. Associated symptoms may include dizziness, confusion and feeling tired. A healthcare provider can diagnose the underlying cause and recommend the most appropriate treatment. A low breathing rate means your body may not be getting enough oxygen. The cells in your body need oxygen to break down food and turn it into energy. A lack of oxygen may cause other symptoms. radypnea may cause low oxygen levels. Symptoms of low oxygen levels include Dizziness, Feeling extremely tired (fatigue), Tiring quickly during physical activity, Shortness of breath (dyspnea), Weakness, Chest pains, Confusion.

Common Many conditions may cause bradypnea. Some common bradypnea causes include Hypothyroidism (Hypothyroidism is a condition in which your thyroid gland doesn't make enough thyroid hormones. It can affect your metabolism as well as your ability to breathe); Head injuries (Your brain — specifically areas around your lower brainstem and spinal cord — tells your lungs and breathing muscles to breathe); Head injuries and other conditions that affect your brain, including tumors or blood clots, may prevent your brain from telling your lungs and muscles to breathe; Opioids (Opioids are a class of drugs that healthcare providers prescribe to manage pain. They affect the opioid receptors in parts of your body systems that help regulate your body functions, including breathing); Alcohol (Regular or heavy alcohol consumption can slow your respiratory rate); Toxins (Inhaling certain toxins can affect your ability to breathe. These include carbon monoxide and sodium azide which helps inflate automobile airbags); Electrolyte imbalance (Electrolytes are minerals that have a positive or a negative charge when they

dissolve in water. Too much or too little water in your body can cause an electrolyte imbalance, which can affect your breathing); Stress and anxiety (Some studies indicate that long-term stress and anxiety may cause breathing dysfunctions, including bradypnea).

Bradypnea complications depend on its cause. Without treatment, the most serious complications may include: Fainting, Low oxygen levels in your body tissue (hypoxia), Long periods of hypoxia can damage your organs, especially your brain and heart, Respiratory acidosis, Respiratory failure, Death.

The healthcare provider will diagnose the underlying condition by asking about your medical history and conducting a physical examination. They may ask if you have any other symptoms and recommend testing to help.

For some bradypnea causes, you may be able to lower your risk.

- Limit your alcohol consumption. Avoid drinking more than the recommended amounts — fewer than four drinks per day for women and people assigned female at birth and fewer than five drinks per day for men and people assigned male at birth. If you or a loved one has alcohol use disorder, it's important to seek medical care. Talk to a provider about treatment options.
- Seek out opioid alternatives. If you're experiencing pain, talk to a healthcare provider about non-opioid treatments for pain, such as nonsteroidal anti-inflammatory drugs, acetaminophen or amine reuptake inhibitors. If you or a loved one has opioid use disorder, it's important to seek medical care. Talk to a provider about treatment options.
- Prevent carbon monoxide poisoning. Have a heating, venting and air conditioning professional inspect your fuel-burning appliances each year. Install carbon monoxide detectors on every floor of your home and replace the batteries every six months. Don't let your automobile with a running engine idle in a garage or other enclosed area.
- Protect your brain from injuries. Helmets, safety restraints (including seat belts) and other protective equipment help protect your brain from dangerous impacts.
- Control or reduce stress and anxiety. Relaxation activities — including meditation, yoga and breathing exercises, as well as mental health awareness, medications and counseling — can help reduce stress and anxiety.