



THROAT PAIN

Painful throat and difficulty in swallowing

CAUSES

PHARYNGITIS

Pharyngitis is the inflammation of the pharynx located in a person's upper respiratory tract. It is commonly linked with sore throats and are caused by different microorganisms. Though not a very serious condition, it may be very uncomfortable and painful.

Symptoms:

- Sore throat
- Difficulty in swallowing
- Fever and swollen glands (which may indicate infection)

DO:

- Try this handy home remedy – dilute ¼ teaspoon table salt in one glass of lukewarm water and gargle until the water reaches the back of the throat. Repeat several times a day.
- Drink warm calamansi juice with as little sugar as possible or take warm soups to help sooth sore throats.
- Drink plenty of fluids but stay away from icy water. Stick to fruit juices such as orange, pineapple, lemon and calamansi.
- Take throat lozenges to help ease discomfort.

DON'T:

- Don't smoke.

STREP THROAT

Strep throat is short for *Streptococcal* sore throat. Bacteria infects the mucous membranes lining the pharynx, inducing a sore throat and sometimes, tonsillitis. Antibiotics can usually make the problem go away, but if strep throat is untreated, serious complications may develop. Seek medical advice.

Symptoms:

- Painful sore throat followed by a feeling of weakness and tiredness
- Fever sometimes accompanied by chills, headache, muscle aches, nausea
- Swollen tonsils marked with white or yellow patches of pus
- Bad breath

DO:

- Try this handy home remedy – dilute ¼ teaspoon table salt in one glass of lukewarm water and gargle until the water reaches the back of the throat. Repeat several times a day.
- Drink plenty of fluids and eat soft foods like noodle soup.
- Take adequate rest.

DON'T:

- Do not smoke.
- Do not eat spicy food.



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LARYNGITIS

Laryngitis is the inflammation of the larynx which results in throat pain and hoarseness of voice. It is normally caused by a viral infection.

When it is infected, the vocal chords located in the larynx cannot vibrate properly causing hoarseness of voice.

Symptoms:

- Cold-like symptoms such as fever, scratchy throat, runny nose, muscle aches and fatigue
- Difficulty in swallowing
- Raspy voice

DO:

- Try this handy home remedy – dilute $\frac{1}{4}$ teaspoon table salt in one glass of lukewarm water and gargle until the water reaches the back of the throat. Repeat several times a day.
- Drink plenty of fluids and eat soft foods like noodle soup.
- Take adequate rest.

DON'T:

- Do not smoke.

OTHER CAUSES

Other causes may include GERD, mononucleosis, postnasal drip or thyroiditis.



Advocate a smoke-free environment for a healthier and cleaner life.