

Dry or Productive?

The last symptom of the common cold we'll explore is coughing. Coughing is your body's way of removing foreign substances and mucus from your respiratory tract. Coughs can be useful and at times, should not be eliminated. At other times, coughs can be severe enough to impair breathing or prevent rest. Water and other liquids, such as fruit juices help soothe the throat and also moisten and thin mucus so it can be eliminated. Treatment of cough includes two kinds of medicines: expectorants and suppressants. Expectorants such as guaifenesin help thin the mucus and make it easier to cough up when you have a productive cough. Suppressants such as dextromethorphan control or suppress the cough reflex and work best for a dry, hacking cough that keeps you awake. For help selecting an appropriate cough medicine and a complete handout of treating cough related to the common cold, come into Homer Drug Co. or Tiger Town Pharmacy and speak to one of our pharmacists.