

# Evaluation and Therapy for Chronic Cough

For any cough lasting more than eight weeks, perform a chest X-ray and eliminate ACE inhibitors

| Rhinologic  | Pulmonary   | Esophageal  | Neurologic  | Systemic disease  |
|---|---|---|---|---|
| <b>Empiric therapy</b> <ul style="list-style-type: none"> <li>Nasal sprays</li> <li>Antibiotics</li> <li>Antihistamines</li> <li>Oral steroids</li> </ul> | <b>Empiric therapy</b> <ul style="list-style-type: none"> <li>Bronchodilators</li> <li>Steroids</li> </ul>  | <b>Empiric therapy</b> <ul style="list-style-type: none"> <li>PPIs</li> <li>Diet and lifestyle</li> <li>Alginates</li> <li>Motility agents</li> </ul>                         | <b>Empiric therapy</b> <ul style="list-style-type: none"> <li>Pharmacologic suppression</li> <li>Respiratory retraining</li> <li>Laryngeal desensitization</li> </ul> |   |
| <b>Objective testing</b> <ul style="list-style-type: none"> <li>Allergy testing</li> <li>Sinus CT scans</li> <li>Culture</li> </ul>                       | <b>Objective testing</b> <ul style="list-style-type: none"> <li>PFTs</li> <li>Methacholine challenge</li> <li>Chest CT</li> <li>Bronchoscopy</li> </ul> | <b>Objective testing</b> <ul style="list-style-type: none"> <li>Barium swallow</li> <li>TNE</li> <li>EGD</li> <li>24-hour pH</li> <li>Impedence</li> <li>Manometry</li> </ul> | <b>Objective testing</b> <ul style="list-style-type: none"> <li>MRI brain</li> <li>Modified barium swallow</li> <li>Laryngeal EMG</li> </ul>                          | <b>Objective testing</b> <ul style="list-style-type: none"> <li>Serology</li> <li>Biopsy</li> <li>CT neck</li> <li>PET</li> </ul> |

Source: Dr. Altman.

ACE=angiotensin-converting enzyme; EGD=esophagogastroduodenoscopy; EMG=electromyography; PET=positron emission tomography; PFT=pulmonary function test; PPI=proton-pump inhibitor; TNE=transnasal esophagoscopy.