



# Prehlada i grip – kako ih razlikovati i lečiti

## Cold and Flu – How to Distinguish and Treat them

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### Apstrakt

Prehlada je infekcija gornjih disajnih puteva, koju izazivaju različite vrste virusa – rinovirusi, korona virusi i virusi influenze. Javlja se postepeno i manifestuje se kroz infekcije sluznice nosa, sinusa, grla i bronhija. Lako se dobija i prenosi se kapljičnim putem ili direktnim kontaktom sa zaraženom osobom i dodiranjem preko infektivnih predmeta. Traje nedelju dana u zavisnosti od imunog sistema. Simptomi su: curenje iz nosa, bol u grlu, kijanje, kašalj, suzne oči, glavobolja, umor.

Grip je akutno respiratorno oboljenje, izazvano virusima influenze. Javlja se naglo i traje nekoliko nedelja. Simptomi su slični prehladi i ozbiljniji. Simptomi se javljaju jedan do četiri dana nakon ulaska virusa u organizam – visoka temperatura, grlobolja, kašalj, bolovi u mišićima i zglobovima, umor i slabost, zapušen nos, kijanje, glavobolja. Prehlada ne dovodi do većih zdravstvenih problema sa respiratornim organima. Grip može da izazove upalu sinusa, bronhitis i upalu pluća.

Ne postoji lek koji bi trenutno otklonio simptome prehlade i gripa, ali na tržištu postoji veliki broj preparata koji pomažu da se ublaže ti simptomi. To su višekomponentni, kombinovani preparati, namenjeni lečenju više simptoma odjednom – degongestivi, antitusici, antihistaminici, analgetici i antipiretici, peroralni antiseptici, topikalni preparati.

Grip i prehlada se ne leče antibioticima, jer ih izazivaju virusi. Cilj lečenja je da se ublaži i spreči razvoj težih simptoma. Tokom lečenja potrebno je odmarati, unositi mnogo tečnosti, jačati imunitet i sprečiti dalje širenje infekcije. Tablete i lekovi u vidu praškova za pripremu toplih napitaka su vrlo efikasni i popularni kod pacijenata. Međutim, postoje grupe pacijenata kod kojih nisu bezbedni. Paracetamol je bezbedan za većinu pacijenata i dece. Ibuprofen i acetilsalicilna kiselina nisu bezbedni kod osoba sa čirom, obolelih od astme, koji koriste lekove za razređivanje krvi. Acetilsalicilna kiselina se ne daje deci mlađoj od 16 godina.

Preparate koji sadrže sastojke za otpušavanje nosa – dekonjestive – ne treba da koriste osobe sa visokim krvnim pritiskom, kardiovaskularnim oboljenjem, pojačanim radom štitne žlezde ili uvećanom prostatom, dijabetesom, osobe koje se leče antidepresivima.

Kafi efedrin, ksilometazolin i nafazolin ne treba koristiti istovremeno sa lekovima za otčepljenje nosa, jer je kontraindikovano. Neželjena dejstva su; nervoza, razdražljivost, nemir, glavobolja, insomnija, mučnina, tahikardija, akutni glaukom. Pseudoefedrin i fenilefrin mogu smanjiti efikasnost beta-blokatora i povećati rizik od hipertenzije. Digoksin i kardi tonični glikozidi sa dekonjestivima povećavaju rizik od promene ritma rada srca ili srčanih napada.

### Abstract

A cold is an infection of the upper respiratory tract caused by different types of viruses - rhinoviruses, coronaviruses, and influenza viruses. It occurs gradually and manifests itself through infections of the mucous membrane of the nose, sinuses, throat, and bronchi. It is easily acquired and transmitted through droplets or direct contact with an infected person and touching infectious objects. It lasts a week depending on the immune system. Symptoms are runny nose, sore throat, sneezing, cough, watery eyes, headache, and fatigue.

Influenza is an acute respiratory illness caused by influenza viruses. It appears suddenly and lasts for several weeks. The symptoms are similar to a cold and more serious. Symptoms appear one to four days after the virus enters the body - high temperature, sore throat, cough, muscle and joint pain, fatigue and weakness, stuffy nose, sneezing, headache. A cold does not lead to major health problems with the respiratory organs. The flu can cause sinus infections, bronchitis, and pneumonia.

No medicine will immediately eliminate the symptoms of colds and flu, but many preparations on the market help alleviate these symptoms. These are multi-component, combined preparations, intended for the treatment of several symptoms at once - decongestants, antitussives, antihistamines, analgesics and antipyretics, oral antiseptics, and topical preparations.

Flu and colds are not treated with antibiotics, because they are caused by viruses. The goal of treatment is to soothe and prevent the development of more severe symptoms. During treatment, it is necessary to rest, drink plenty of fluids, strengthen immunity, and prevent further spread of the infection. Tablets and medicines in the form of powders for preparing hot drinks are very effective and common among patients. However, there are groups of patients in whom they are not safe. Paracetamol is safe for most patients and children. Ibuprofen and acetylsalicylic acid are not safe for people with ulcers, or asthma, who are taking blood thinners. Acetylsalicylic acid is not given to children under the age of 16.

Preparations that contain substances used for nasal treatment - decongestants should not be used by people with high blood pressure, cardiovascular disease, increased work of the thyroid gland or enlarged prostate, diabetes, or people being treated with antidepressants.

Ephedrine, xylometazoline, and naphazoline drops should not be used simultaneously with nasal decongestants because it is contraindicated. Side effects are; nervousness, irritability, restlessness, headache, insomnia, nausea, tachycardia, and acute glaucoma. Pseudoephedrine and phenylephrine may reduce the effectiveness of beta-blockers and increase the risk of hypertension. Digoxin and cardiotonic glycosides with

Lekove protiv kijavice i curenja iz nosa – antihistaminike – ne treba da koriste pacijenti koji boluju od glaukoma, osobe koje otežano mokre, koje boluju od aritmije. Preparate sa antihistaminicima treba koristiti sa oprezom kod pacijenata sa epilepsijom, bronhitisom i astmom. Hlorfenamin povećava sedativni efekat alkohola, barbiturata, hipnotika, opioidnih analgetika, antipsihotika i anksiolitika. Ovi preparati se koriste 3–5 dana. Uzimaju se 3 puta dnevno. Ne daju se deci mlađoj od 12 godina, trudnicama, dojiljama i osobama sa oštećenom funkcijom bubrega i jetre.

Lečenje može biti bezbedno i efikasno ukoliko pacijent navede simptome, lekove koje koristi i od kojih hroničnih bolesti boluje. Upotreba kombinovanih preškova za prehladu i grip može imati neželjena dejstva. Pravilnom upotrebom mogu biti idealno rešenje u borbi protiv simptoma prehlade i gripa.

decongestants increase the risk of heart rhythm changes or heart attacks.

Medicines against sneezing and runny nose - antihistamines - should not be used by patients who suffer from glaucoma, people who have difficulty urinating, or who suffer from arrhythmia. Preparations with antihistamines should be used with caution in patients with epilepsy, bronchitis, and asthma. Chlorphenamine increases the sedative effect of alcohol, barbiturates, hypnotics, opioid analgesics, antipsychotics, and anxiolytics. These preparations are used for 3-5 days. They are taken 3 times a day. They are not given to children under the age of 12, pregnant women, nursing mothers, and people with impaired kidney and liver function.

The treatment can be safe and effective if the patient states the symptoms, the drugs he uses, and the chronic diseases he suffers from. The use of combined cold and flu products may have side effects. With proper use, it can be an ideal solution in the fight against cold and flu symptoms.