

OSHMed Health Magazine

by



SORE THROAT WHAT'S BEHIND IT, WHAT HELPS

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Sore throat – what's behind it, what helps

If your throat hurts, it is often due to a cold or flu. What else causes a sore throat and what gets rid of it?

Actually, everyone knows this: your throat suddenly scratches, you feel weak and you suspect that a cold is coming. In fact, respiratory infections with sore throats are by far the most common cause of sore throats - in children and adults. This also means that a sore throat is mostly harmless.



Sore throat - Cause No. 1: Viral infections with sore throat

It is completely normal for children to have a sore throat, cough and runny nose eight to ten times a year. Viruses are the majority of the culprits, especially cold viruses, and coughing, particularly in the cold season, can also indicate an infection with the coronavirus SARS-CoV-2.

Infections with other types of viruses are less common. They cause cold-like illnesses, flu, tonsillitis and sometimes so-called childhood illnesses. For more information, see Childhood Illnesses.

But bacterial infections are also more common, including throat and tonsillitis caused by certain streptococci and scarlet fever. More on this below and in the chapter Sore throat: The main causes are infections in this article.

Sore throats occur acutely, recurrently (recurrently) and chronically. If a sore throat has existed for a maximum of two weeks, it is acute. But they usually subsided by the third day. One or both sides of the neck may be affected. Based on the clinical findings, doctors distinguish between certain subgroups, such as inflammation with ulcers.

At second glance: Other causes of a sore throat

Irritants in the environment: Above all, tobacco smoke, but also other chemicals such as solvents and dust, are on the list of causes. Dry indoor air often causes problems for the throat, especially during the heating season.

Allergies and sore throats? Nothing unusual. In Germany, for example, millions are affected by hay fever, including an increasing number of children. In addition to a runny nose and burning eyes, sufferers are plagued by paroxysmal irritations and painful "itching" in the throat.

In addition to so-called aero-allergies, i.e. those that are triggered by allergens in the air such as pollen, house dust or

mold components, food allergies also play a role in sore throats - also experienced more as a painful itch in the throat.

Reflux disease (heartburn): Reflux disease, also known as gastroesophageal reflux disease, is generally underestimated as a cause of sore throats, but is comparatively often the reason.

Acid stomach contents initially take the wrong direction in the digestive tract by flowing upwards into the oesophagus. Depending on the extent, the oesophagus becomes irritated and inflamed. Typical symptoms include heartburn, belching, difficulty swallowing, hoarseness and a feeling of a lump in the throat, and sometimes a dry cough.

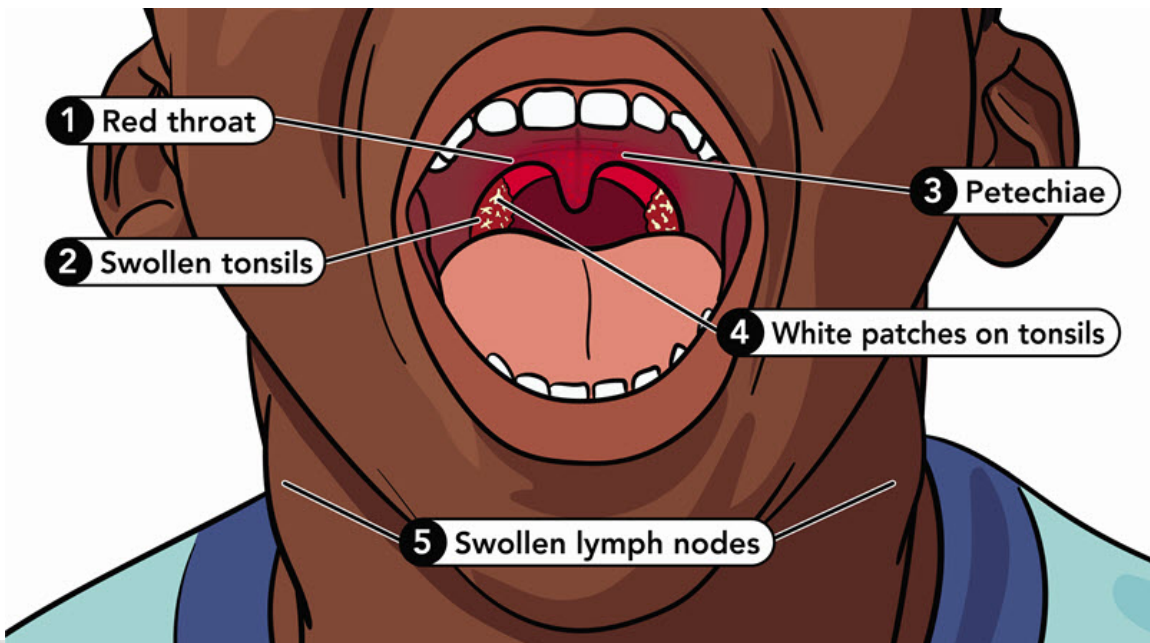
If you have an unusual sore throat: think about a heart attack! Warning signs of a heart attack are severe pain or a burning sensation in the heart area or chest that lasts at least five minutes.

They often radiate into the arms, back - between the shoulder blades, into the neck, jaw or upper abdomen. This is often accompanied by a feeling of severe tightness in the chest, fear and cold sweat. Then immediately call the emergency doctor (emergency service, emergency number: 9112).

Chronic sinusitis (chronic sinusitis): Not only does the nose often run, but inflammatory secretions also flow down the back of the throat (postnasal drip).

This can cause frequent throat clearing, hoarseness, and possibly a sore throat and cough. By definition, with chronic sinusitis, breathing through the nose is also impaired for more than twelve weeks, as is smelling and tasting.

Immune reaction against medications: Some drugs can trigger pathological immune reactions after repeated use in predisposed people and thereby damage certain white blood cells.



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In some cases this also affects precursors of blood cells (agranulocytosis). As a result, a temporary immune disorder occurs. This develops a severe, sometimes ulcer-like mouth infection (stomatitis aphthosa medicamentosa), tonsillitis with sore throat, fever, possibly also chills and blood poisoning (sepsis).

This means: a weak immune system increases the tendency to infections and thus to painful inflammations in the mouth and throat. A well-known immunodeficiency disease is, for example, AIDS, which can develop as a result of an HIV infection. The HIV virus attacks central defense cells of the immune system. Sore throats are one of the early symptoms, but can also occur later. She is now home from the hospital, fully recovered.”

What other symptoms are there of a sore throat?

A sore throat can radiate into the ear. They can cause pain when swallowing and very unpleasant bad breath. The voice is sometimes thick, lumpy or hoarse; temporarily it can even fail completely. If the body temperature climbs to over 38 °C (or 38.2 °C rectally, i.e. measured in the bottom), the person affected has a fever. Sometimes there are also chills and chills.

Depending on the cause, other symptoms are possible: cough, fatigue, feeling sick, aching limbs and headaches, itchy, burning, watery or red eyes and

photophobia. In many cases, painfully enlarged lymph nodes (“lumps”) appear on both sides of the neck or neck. Nausea, abdominal pain, diarrhea, rash and itching can sometimes occur.

Small children in particular often complain of stomach pain or nausea when they have feverish flu-like infections. So it's entirely possible that you have a sore throat, for example, but your stomach is fine. This is best assessed by a pediatrician.



Sore throat: tips for self-help

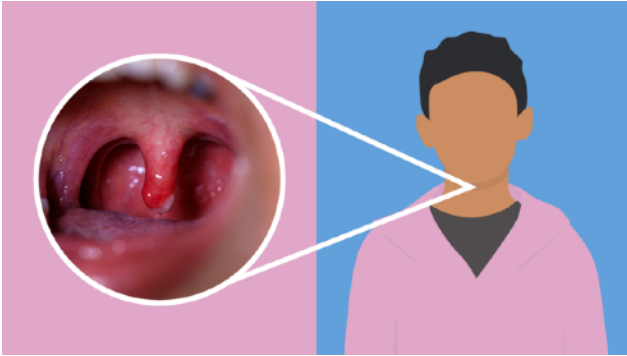
First of all, if you have a sore throat, it is important to drink enough and keep the mucous membrane well moistened. This helps the sore throat clean itself and defend itself against pathogens.

Some home remedies have also proven effective for uncomplicated sore throats. They range from neck wraps and teas for drinking and gargling to lozenges.

Neck wraps: Many people swear by cooling neck wraps for a sore throat or tonsillitis. They dissipate heat and can



therefore have a decongestant effect. To do this, place a cloth or compress soaked in lukewarm water (but not dripping wet) on your neck, then wrap a dry cloth and a woolen cloth over it. Leave on for about fifteen minutes. You can reapply the wrap several times.



Teas, gargling: Cold teas with linden blossoms and elderflowers are often recommended for dry, irritating coughs and a sore throat. They help to moisten and protect the mucous membranes in the respiratory tract. You can gargle, for example, with sage tea or salt water. To

do this, dissolve about half a teaspoon of salt in a glass of water.

Lozenges often contain extracts of real sage, ribwort plantain or Icelandic moss. The plant substances found, for example, in sage and the mucus-forming substances from Icelandic moss provide protection against pathogens and irritation in the throat. The increased flow of saliva when sucking promotes healing. Often also helpful: lozenges with a local anesthetic agent.

Sore throat: when to see a doctor?

A sore throat from a cold usually goes away within two days. A visit to the doctor is not necessary. Home remedies can provide some relief. However, if there are indications of a more severe course, you should seek medical advice immediately.

Signs and Symptoms of Strep Throat

Usually include:

- ✓ Sore throat starts quickly
- ✓ Pain when swallowing
- ✓ Fever
- ✓ Red and swollen tonsils, sometimes with white patches or streaks of pus
- ✓ Tiny red spots on the roof of the mouth
- ✓ Swollen lymph nodes in the front of the neck

Typically do not include:

- ✗ Cough
- ✗ Runny nose
- ✗ Hoarseness
- ✗ Conjunctivitis (pink eye)





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Smart Protective Apparel and PPEs Role in Lone Worker Safety

From traditional PPE to advanced smart clothing, innovative protective gear is evolving to transform occupational safety, communication, and the overall well-being of workers.



What does hazard communication mean to you? Is it a document of existing occupational dangers that's shared with employees? Or is it the standard set of symbols that you see on containers holding toxic substances? Both examples are correct, making up a bigger picture of effectively educating employees on the hazards they face while at work.

Chemical manufacturers and importers must evaluate the hazards of chemicals and label them appropriately according to OSHA's **Hazard Communication Standard (HCS)**, it requires hazard information to be communicated on labels and safety data sheets. In addition to proper communication, OSHA also

requires employers to thoroughly train their workers to handle specific chemicals safely and properly.

Overall, strong, effective communication is vital for occupational health and safety and a safe work environment. Maintaining at least one communication channel with the lone worker can ensure that they can request help in an emergency as well as communicate important information such as their location and other details that could benefit an emergency response. Strong communication can also reduce stress with the employee worrying less about their safety and focusing more on their work.

The Evolution of Protective Gear and PPE

A significant area that can improve and complement worker communication is personal protective equipment (PPE) and protective work clothing. What is the earliest example? Depending on who you ask, it could be the masks, goggles, and body suits of plague doctors in the 16th century. Or it might be the respirators used by soldiers in WWI. Regardless, you may use some form of PPE at your job, including face masks, protective gloves, and clothing of all kinds.

Protective occupational clothing and equipment have evolved significantly with innovative protective apparel that protects and facilitates communication



amongst staff and with the employer. Rather than replacing PPE, smart protective apparel will complement it for the occupational benefit of the employee. Smart clothing is typically traditional garments that are more “intelligent” with some function or beneficial response to changes in the worker’s physical and emotional conditions as well as their stimuli from the surrounding work environment.

With hazard communication, traditional PPE can actually present some challenges for occupational safety, such as viewing and comprehension of hazard communication symbols and instructions (goggles, protective eyewear) and also limit verbal communication, resulting in an increased risk of miscommunication that could have dangerous results. Additionally, while effective for simple safety purposes, traditional PPE is fairly limited in functionality and worker protection potential. But with work clothing and apparel, PPE is also becoming lighter and more advanced.

What Smart Apparel Looks Like Now

An employee’s well-being and vital signs can be monitored with a number of portable devices and technology that they wear on their clothing while working.

Future Implications and Trends

Despite such challenges, smart protective clothing and equipment is – or will be – a

permanent part of the OHS landscape and your workplace safety. Across multiple industries and existing workplace systems, online integrations and safety software usage is becoming a normal part of occupational safety and so it should be – it’s keeping everyone safer and more connected.



With these advancements will also come updates to current safety legislation, regulations as well as industry standards. And with these advancements, all areas of work safety will benefit including hazard communication which will increase and therefore improve, creating a more reliable and secure safety network for the employees. With more research and more inventive ideas such as toxic gas and chemical-detecting shirts, the future of smart clothing, textiles and PPE is very exciting for our safety at work.

For more information about the ideal PPE for you and your employees, call OSH-Med on 061 302 931

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