

Treatment of Chronic Bronchitis with EM-X A Case Report

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Introduction

Antibiotic management of chronic bronchitis has become very difficult due to the emergence of resistant bacteria. In our hospital, we have been interested in the possibility of replacing antibiotics with EM-X. Our experience so far shows that taking 30 ml EM-X a day gives the best results. We report our findings.

Clinical Case

The patient was an 82-years-old male born on May 13, 1919. He was 149 cm in height and 50 kg in weight.

His diseases were chronic bronchitis, constrictive pulmonary function impairment diabetes, and lumbar disc herniation.

The patient had had chronic cough and expectoration since his 50s. However, since these did not affect his daily life, he had not sought treatment. Then his cough and expectoration, asthma and shortness of breath worsened, and he started receiving treatment at our hospital from May 1988. He was receiving almost daily inhalation therapy and expectorant, anti-allergic agents, bronchodilator, anti-hypertensive, antibiotics (many types had been tried and he finally responded to erythromycin DS 300/day), and other treatment. Although the treatments were effective to a certain extent, his symptoms worsened year after year, and developed into exertional dyspnea and worsened wheezing at rest. Because of increasing volume of expectoration, oxygen therapy was started at home from May 2000. An antifungal agent (Lamisil 1 tablet a day) was added to the treatment, resulting in a reduction of expectoration and wheezing (decrease by 1/3 to 1/2). Aiming at further improvement, EM-X was added as combined therapy, resulting in a marked decrease in the volume of expectoration by 1/5, marked reduction of wheezing at exertion and at rest, marked reduction of cough at night, and definite decrease in shortness of breath. The patient were satisfied with the effect.

Due to marked amelioration of symptoms, inhalation therapy has been discontinued on ordinary days and was only used during exacerbation because of colds and other conditions. The other drugs are also reduced.

Results and Discussion

Continuous administration of low dose of erythromycin DS is now the mainstream treatment for infections in chronic bronchitis. Compared to this treatment, administration of EM-X gives even better results.

In the present case, although the volume of expectoration was not measured everyday, subjective symptoms suggest a marked reduction by 1/5. Especially, there is almost no coughing during the night, and the patient has been able to take

