

## **CAUSES OF CHRONIC COUGH IN NON-SMOKING PATIENTS.**

Marta Dąbrowska<sup>1</sup>, Elżbieta Magdalena Grabczak<sup>1</sup>, Magdalena Arcimowicz<sup>2</sup>, Anna Domeracka - Kołodziej<sup>2</sup>, Joanna Domagała - Kulawik<sup>1</sup>, Rafał Krenke<sup>1</sup>, Marta Maskey-Warzęchowska<sup>1</sup>, Bożena Tarchalska<sup>3</sup>, Ryszarda Chazan<sup>1</sup>

<sup>1</sup>Department of Internal Medicine, Pneumology and Allergology, Medical University of Warsaw

<sup>2</sup> Department of Otolaryngology, Medical University of Warsaw,

<sup>3</sup> Department of Experimental and Clinical Pharmacology, Medical University of Warsaw,

### *Purpose*

Chronic cough is a common medical problem. The aim of the study was to analyze chronic cough causes in non-smoking patients and to search for demographic factors associated with different cough reasons.

### *Patients and methods*

The etiology of cough was determined by medical history, diagnostic tests and response to specific treatment. Patients with significant abnormalities in the chest radiograph or spirometry were not included.

### *Results*

The study included 131 patients; median age 54 years, 101 (77%) females. A single cough etiology was diagnosed in 54 patients (43%) and multiple cough reasons in 73 patients (57%), respectively. In 4 subjects chronic idiopathic cough (CIC) was diagnosed (3%).

The most frequent causes of cough were gastroesophageal reflux disease (GERD) (62%) and upper airway cough syndrome (UACS) (46%). Cough variant asthma and nonasthmatic eosinophilic bronchitis (NAEB) were diagnosed in 32 (25%) and 19 (15%) patients, respectively. Other cough causes were found in 27 patients (21%).

Asthma was a significantly more common cause of chronic cough in women than in men (31% vs. 3%,  $p = 0.005$ ). A reverse relationship was demonstrated for UACS (39% vs. 67%,  $p = 0.01$ ). Patients with chronic cough aged > 50 yrs were more likely to be diagnosed with less common cough causes.

### *Conclusions*

In conclusion, the most common chronic cough reasons are GERD and UACS. Asthma-related cough is diagnosed more frequently in females, while UACS-related cough is more frequent in males. The incidence of less common cough causes is higher in patients above the age of 50 years.