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6-8 JULY 2018, LONDON, UK

# Differential Diagnosis and Naturopathic Treatment of Common Respiratory Conditions

Dr Loreen Dawson  
Naturopathic Physician  
Sechelt, BC, Canada  
[www.dr dawson.ca](http://www.dr dawson.ca)



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# Dr. Loreen Dawson

Naturopathic Physician, Sechelt, BC

(no commercial affiliations or interests)



- 20 years in practice
- Sechelt, British Columbia, Canada
- West coast temperate rainforest
- Retirement community
- Respiratory conditions are common



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# Respiratory Conditions are Common

- According to the Mayo Clinic, respiratory conditions are the 2<sup>nd</sup> most common reason people visit a family doctor
- Can you deal with lung problems quickly and effectively?



# The Problem

- Coughs can be benign or life threatening
- Misdiagnosis can be fatal
- Hundreds of potential treatments
- Treatments often focused on symptoms, not cause
- Lung conditions can become chronic or recur frequently



# In the next 30 minutes ...

- ☑ Tips for taking a history
- ☑ Tips for lung exam
- ☑ Tips for assessment
- ☑ Clinical Pearls for common conditions



# Solution – Systems, Checklists, Cheat Sheets

With systems you can:

- Recognize specific conditions easily
- Make a quick, correct diagnosis
- Find and address underlying causes
- Find more accurate solutions
- Patients get better faster



# History – Have a System

- History of present illness

## ➤ **OPQRST**

- ❖ Onset
- ❖ Provocation/palliation
- ❖ Quality
- ❖ Region
- ❖ Severity
- ❖ Timing
- ❖ Concomitant symptoms



# History – Develop Checklists

- Smoking/Vaping...
- Home environment...
- Community environment...
- Work environment...
- Hobbies...
- etc



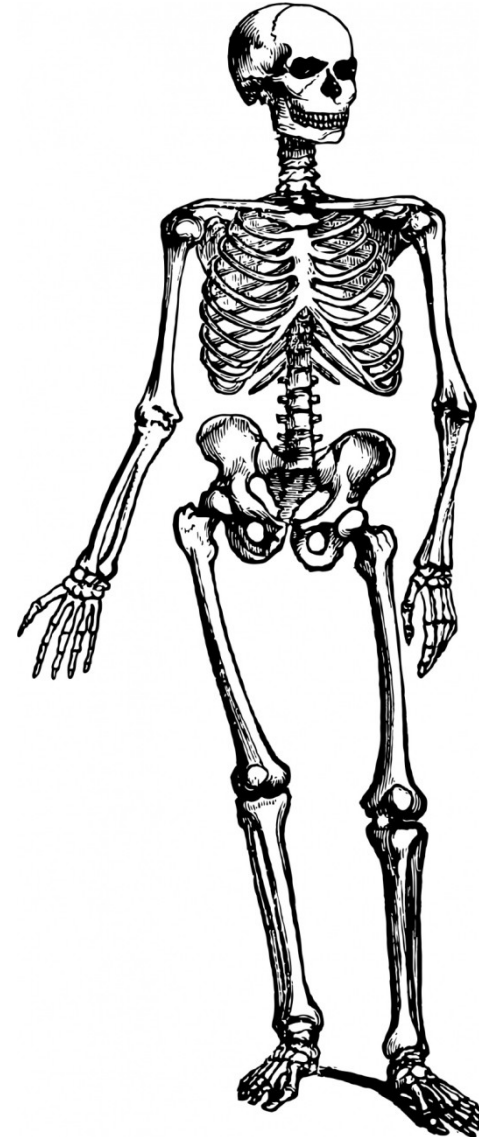


# History

## Treat the Whole Person

### SEAMMMS

- Sleep
- Energy (exercise)
- Appetite (digestion, elimination, diet)
- Mood (stress)
- Menses/menopause
- Muscles and joints
- Skin
- ❖ Immune system

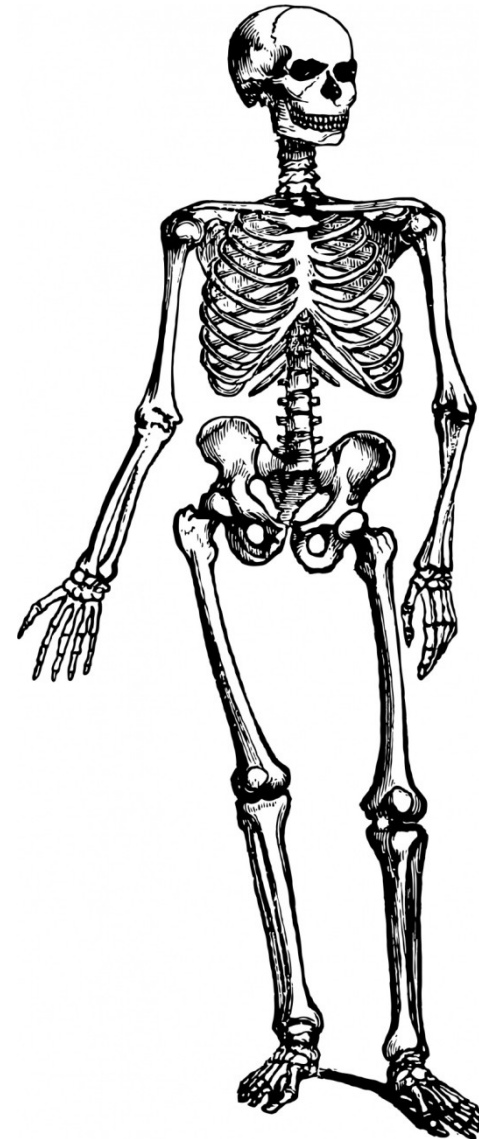


# History

Treat the Whole Person

## ROS

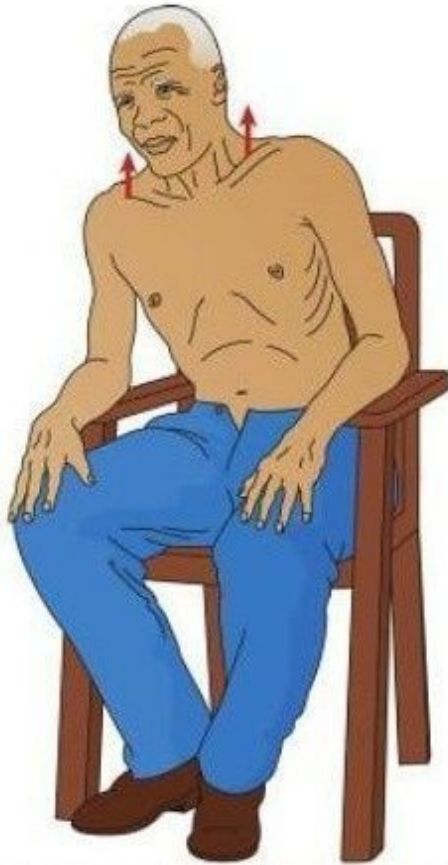
- Lungs
- Heart
- Liver
- Kidney
- gi



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# Be Observant



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# Physical Exam - Listen Carefully

What's wrong with this picture?



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# Recognize Common Lung Sounds

- Wheezing
- Rhonchi
- Rales or crackles
- Whooping cough
- Croup



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# Know when to refer out for further diagnostic testing

- Blood work
- CXR, CT, MRI
- Pulse oximeter
- Pulmonary Function Tests
- Bronchoscopy
- Biopsy



# Diagnosis

## Diagnosis = Pattern Recognition

Do more than name the condition

Keep in mind:

- Contributing factors
  - Identify and Treat Cause
- Other health concerns
  - Treat the Whole Person



# Differential Diagnosis cheat sheet

## Common causes of dry, non-productive cough

- local irritation, allergy, asthma, atelectasis
- URI, bronchitis (early acute or chronic)
- cancer (lung, throat, mediastinum)
- interstitial lung disease
- mycoplasma or viral pneumonia
- Side effect of medications, especially ACE inhibitors
  
- non-lung sources – sinusitis, laryngitis, GERD and other esophageal conditions, aortic aneurysm





# Think about the Pathogenesis

- Lung conditions can be grouped together as processes involving:
  - Irritation
  - Inflammation
  - Infection
  - Destruction
  - Abnormal growth



# Coughs caused by Irritation

- Keep a check list of possible causes
- Consider non-lung sources
- Treatment
  - Remove
  - Soothe

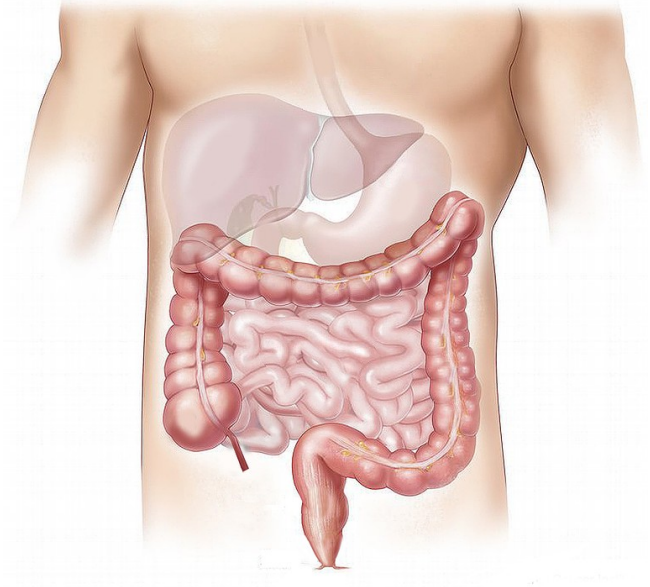
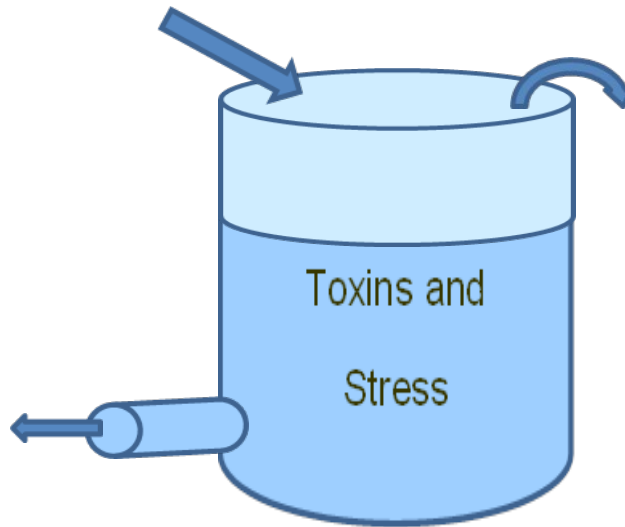


# Coughs caused by Allergies

ddx – see list above ddx dry cough

Drainage therapy – “empty the bucket”

Support the immune system



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# Inflammation – Asthma

ddx – chronic bronchitis, emphysema, emboli, aspiration

- Diet
- Optimize vitamin D
- Supporting supplements
- Drainage, homeopathy, herbal medicine
- Castor oil packs to lungs



All patients with asthma must have a rescue inhaler with them at all times



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# Inflammation - Asthma

- Stress Reduction
- Breathing exercises
- Yoga
- Qi gong



# Infection – Common Cold

ddx – allergic rhinitis, sinusitis, bronchitis, pneumonia, various other types of upper respiratory tract infections



# Red Flags

- ▶ those who “never” get a cold
- ▶ those who take more than 10 days to get over a cold
- ▶ adults with more than 1-2 colds per year; children with more than 3-4 colds per year



# Infection - Whooping Cough

ddx – bronchitis, croup, RSV, aspiration of foreign body, pneumonia

- Homeopathy is key
  - Spongia, droscera, ipecac
- Herbal medicine (thyme) and vitamins A and D
- Long sequel
  - 100 days cough
  - continue to treat and monitor

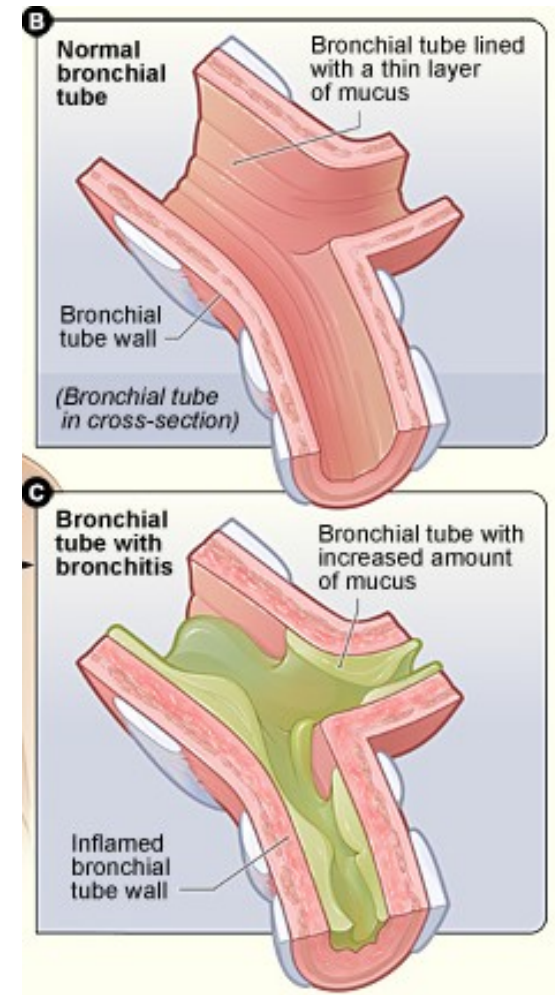




# Infection – Bronchitis

ddx – bacterial pharyngitis (strep), asthma, bronchiectasis, sinusitis, COPD, influenza, GERD

- Acute Viral – treatment similar to URI with some lung herbs
- Acute Bacterial
  - HEMPB plus
  - Lung specific herbs
  - Vitamins – A, C, D, zinc
  - NAC
- Homeopathy



# Herbal Cheat Sheet - Cough

mullein	cool	Demulcent, antispasmodic, asthma
usnea	cool	anti viral, bacterial and fungal, stringy mucus
wild violet	cool	dry coughs, soften tumours and cancer
coltsfoot	neutral	Dry, irritated cough, whooping cough, emphysema
licorice	neutral	Demulcent, antiviral, dry cough bronchitis
lobelia	neutral	Bronchodilator, antispasmodic, chronic bronchitis
grindelia	warm	Sticky phlegm, asthma, emphysema, bronchitis,
osha	warm	Clears mucus from dairy sensitivity
cherry bark	warm	hacking cough, wheeze, astringent
elecampane	warm	dissolve phlegm, expectorant, antibacterial
thyme	warm	Antibacterial, whooping cough, pneumonia



# Homeopathic Cheat Sheet

- Ant tart – rattling cough; wet cough but no mucus comes up; weakness and debility from cough; difficulty breathing
- Kali Bic – productive cough with thick, stringy, green mucus; asthma; bronchitis; cough worse on waking; worse eating
- Kali Carb – spasmodic cough; worse 2-4am; thick purulent sputum; cough with sharp stitching pain; loss of appetite; can't sleep; tends to be chilly and affected by drafts
- Phosphorous – every cold goes to the chest; lingering or tickling cough; worse exertion, laughing, talking; pneumonia with a painful, burning cough



# Infection – Influenza

ddx – ARDS, HIV AIDS, Legionaire's dz,  
various other respiratory viruses



- Vitamin A
- Homeopathy
- Anti viral and anti bacterial herbs plus lung herbs
- Mint/yarrow/elder flower and berry
- Vitamin C, zinc, optimize vitamin D
- Hot bath, mustard bath, mustard plaster, castor oil pack to chest, warming socks, other hydrotherapy
- Monitor closely, especially small children, elderly, chronic health condition



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# Pneumonia

ddx – many types of pneumonia, asthma, COPD, bronchiectasis, lung cancer and many others

- Supportive care in conjunction with conventional care
- Always refer for CXR if pneumonia is suspected
- Treat aggressively, even if patient is given antibiotics
- Support fever, don't suppress
- Support after acute illness with tonics - reishi, astragalus, eleuthrococcus



# A Case of COPD and Bronchiectasis

- 77yoF, bronchiectasis, COPD, hx smoking
- Chronic, hacking, productive cough, green sputum daily
- Lung exam - crackles and wheezing in all lobes
  
- Dietary changes – avoid dairy, gluten, sugar
- Vitamin D 2000iu/day, vitamin A daily and prn acute bronchitis
- B complex, fish oil, curcumin extract, NAC
- Nebulized NAC daily for 8 months (60mg/mL, 1mL/day)
- Homeopathic drainage
- 2 herbal formulas – acute and chronic – alternating as needed
- Castor oil packs to chest daily
- Qi gong for lung health daily
- Pneumonia vaccine, discussion of flu vaccine



# A Case of COPD and Bronchiectasis

Chronic formula - Tussilago 15%, mullein 15%,  
echinacea 15%, sambucus berry 15%, cratagus  
15%, myrrh 15%, lobelia 10%

Acute formula - thyme 30%, cratagus 20%,  
ma huang 20%, hydrastis 20%, lobelia 10%



# Fibrotic Interstitial Lung Disease with Cryptogenic Organizing Pneumonia

## Thinking Outside the Box



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# Fibrotic Interstitial Lung Disease with Cryptogenic Organizing Pneumonia

- Initial treatment – avoid dairy, antioxidants, vitamin D, drainage, qi gong for lungs
- Added treatment
  - gotu kola  $\frac{3}{4}$  tsp bid
  - homeopathic thiosinaminum 30C qD
  - airfilters for home
  - biurnal beats
- Latest CT showed no evidence of fibrosis or inflammation in lungs



# Summary

- ☑ History & Physical Exam
- ☑ Listening & Lung Sounds
- ☑ Case studies & Clues
- ☑ Naturopathic Solutions



*Thank You!*

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