

**Asthma, respiratory allergy and cough**

**Chronic cough as a gender related phenomenon?**

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Acute cough accompanying acute respiratory tract disorders is self-limiting phenomenon, and it usually does not require sophisticated management. Chronic cough, in contrast, is bothersome problem, considerably influencing the quality of life of affected individuals. Specialized cough clinics report that substantial proportion of their patients are middle aged - to postmenopausal female who cough for years to the otherwise not tussigenic stimuli, however, the reason for coughing is difficult to diagnose. Newly established entity - "cough hypersensitivity syndrome" explains pathogenesis of this problem, however, it has not been generally accepted, and the guidelines regarding the diagnostic protocols and treatment are not available so far.

The reason why females cough more is not clear so far, but the analysis of literature and experiences with the chronic cough patients selected three main mechanisms with hormonal background which can contribute to the enhanced coughing. They are increased activity of TRP channels expressed on vagal C fibres mediating cough, laryngeal hypersensitivity and laryngeal dysfunction with paradoxical vocal cord movement, as larynx is a hormonal target as well, and finally mast cells which are known to express receptors for female sexual hormones and are frequently found in the BAL in chronic cough patients.

In this review we analyse potential contribution of all mentioned factors on excessive coughing in chronic cough female subjects.