

Peanut Blog

An ounce of information



A persistent cough, thought to be bronchitis, turned out to be caused by a peanut that had "wandered" into the lungs.

The patient arrived at the hospital with a persistent cough, having undergone several rounds of self-treatment without complete improvement in symptoms. At the 19-8 Hospital of the Ministry of Public Security, doctors discovered a foreign object, a peanut, lodged in the lower lobe bronchus of the lung.

On August 10th, the Respiratory Internal Medicine Department of the 19-8 Hospital (Hanoi) successfully performed a bronchoscopy to remove a foreign object – a peanut – from the lower lobe bronchus of the right lung.

The patient was admitted with a persistent cough, having undergone several rounds of self-treatment without complete improvement in symptoms. After examination and necessary diagnostic tests, the doctors suspected a foreign object in the airway.

During the bronchoscopy, the team discovered a peanut lodged in the lower lobe bronchus of the right lung. After assessing the location and nature of the foreign object, the doctors used specialized instruments to remove the peanut entirely through the bronchoscope.

The patient was treated with antibiotics and anti-inflammatory medication. The airway was reopened and symptoms improved significantly. According to doctors, foreign objects in the airway, especially seeds like peanuts and corn, can cause many complications if not detected and treated promptly. In many cases, after choking on a foreign object, patients only experience symptoms such as coughing, wheezing, or discomfort in the airways, which can easily be mistaken for bronchitis, pneumonia, or other common respiratory illnesses.

A peanut lodged in the bronchus can cause persistent, recurring coughing; repeated pneumonia in the same location; and lung collapse due to bronchial obstruction. If the foreign object remains for a long time, the patient is also at risk of lung abscess and bronchiectasis.

In cases where a large foreign object obstructs the airway, the patient may experience respiratory failure, which can even be life-threatening. Specifically, peanuts are organic foreign bodies. When they remain in the airway for an extended period, they can absorb water, swell, and cause localized inflammation. This not only damages the airway but can also make removal of the foreign body more difficult.

Doctors advise people to be aware of the risk of airway foreign bodies when unusual symptoms appear after eating, especially in young children and the elderly: coughing immediately after eating, especially after eating nuts or corn; persistent cough of unknown cause; recurrent pneumonia in the same location or wheezing in one lung that does not respond to treatment are signs that require examination to rule out airway foreign bodies.

To prevent this, people should avoid talking or laughing while eating; they should eat slowly and chew thoroughly. Young children should not eat nuts unsupervised. The elderly or those with swallowing disorders should also be especially cautious when eating.

If you suspect you have swallowed a foreign object, do not try to remove it yourself by poking or dislodging it at home. This could push the object deeper into the airway or damage the mucous membrane. The patient should be taken to a medical facility as soon as possible for examination and appropriate treatment.

Source: <https://www.vietnam.vn/en/ho-keo-dai-tuong-viem-phe-quan-hoa-ra-do-hat-lac-di-lac-vao-phoi>