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PLEASE, take a deep breath

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Combining history taking and a bedside ultrasound may be the best way to predict symptomatic relief after thoracentesis in patients with pleural effusions <http://bit.ly/2xwTJ9z>

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Dyspnoea, a subjective experience of breathing discomfort, is a debilitating symptom which impacts quality of life in patients with pleural effusions. It consists of a number of perceptions, including a sense of work/effort, tightness in the chest and air hunger. Dyspnoea affects up to 80% of patients with malignant pleurisy [1–3], and an even higher percentage of those with heart failure-associated effusions [4]. Pleural effusions can have a large impact, not only on breathing and quality of life [5], but also on sleep [6] and exercise capacity [7].