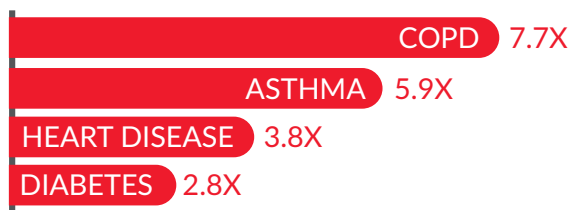


# Pneumococcal Pneumonia

There are many types of pneumonia, and the most common type of bacterial pneumonia is called pneumococcal pneumonia.<sup>1</sup> Pneumococcal pneumonia is caused by bacteria that live in the upper respiratory tract and can be spread through coughing.<sup>2</sup>

If you're 65 and older, even if you're healthy and active and take good care of yourself, you could be at increased risk for pneumococcal pneumonia.<sup>3</sup> Some risk factors, including smoking, and chronic conditions such as COPD, asthma, and diabetes, may also increase your risk for pneumococcal pneumonia.<sup>4</sup>

## COMMON CHRONIC CONDITIONS INCREASE RISK IN ADULTS AGED 65+\*



\*Compared to healthy adults aged 65+, the risk of pneumococcal pneumonia increases even further with the presence of certain chronic conditions.


### Common symptoms can include:


- High fever
- Excessive sweating and shaking chills
- Coughing and chest pain
- Difficulty breathing and shortness of breath<sup>1</sup>


Certain symptoms, such as cough and fatigue, can appear without warning and may last for weeks, or longer.<sup>1</sup> In severe cases, pneumococcal pneumonia can even put you in the hospital and sometimes lead to death.<sup>6</sup>



**Take the quiz** and share your answers with your doctor and ask if your vaccinations are up to date.

 **What is your age?** As people age, their immune systems become less capable of protecting them from illnesses, putting them at increased risk for pneumococcal pneumonia.<sup>5</sup>

 **Do you have any chronic conditions, such as diabetes, heart disease, asthma, COPD or a weakened immune system?** Certain chronic health conditions can make the body more vulnerable to serious illnesses such as pneumococcal pneumonia.<sup>4</sup>

 **Do you smoke?** Smoking damages fragile lung tissue, making lungs more vulnerable to infection.<sup>4</sup>

Get your personalized quiz results at  
**Lung.org/pneumococcal.**

Developed in partnership with 

<sup>1</sup>Centers for Disease Control and Prevention (CDC). Pneumococcal disease. In: Hamborsky J, Kroger A, Wolfe C, eds. *Epidemiology and Prevention of Vaccine-Preventable Diseases (The Pink Book)*. 13th ed. Washington DC: Public Health Foundation; 2015:279-296. <http://www.cdc.gov/vaccines/pubs/pinkbook/index.html>. Accessed June 5, 2015.

<sup>2</sup>Centers for Disease Control and Prevention. Risk factors & transmission. <http://www.cdc.gov/pneumococcal/about/risk-transmission.html>. Updated June 6, 2013. Accessed May 2015.

<sup>3</sup>Jain S, Self WH, Wunderink RG, et al. Community-acquired pneumonia requiring hospitalization among U.S. adults. *N Engl J Med*. 2015;373(5): 415-427.

<sup>4</sup>Musher DM. Streptococcus pneumoniae. In: Mandell GL, Bennett JC, Dolin R, eds. *Mandell, Douglas and Bennett's: Principles and Practice of Infectious Disease*. 7th ed. Chapter 200. Philadelphia, PA: Churchill Livingstone Elsevier; 2010:2623-2642.

<sup>5</sup>Weinberger B, Herndler-Brandstetter D, Schwanninger A, et al. Biology of immune responses to vaccines in elderly persons. *Clin Infect Dis*. 2008;46:1078-1084.

<sup>6</sup>Centers for Disease Control and Prevention. Pneumococcal Disease. Fast Facts. <http://www.cdc.gov/pneumococcal/about/facts.html>. Updated June 2013. Accessed June 2015.