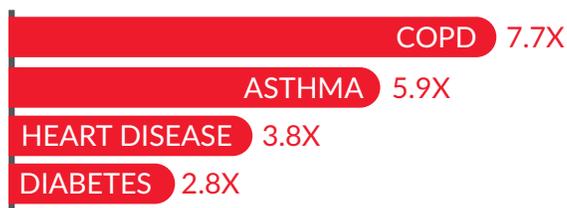


Pneumococcal Pneumonia

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

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.³ Some risk factors, including smoking, and chronic conditions such as COPD, asthma, and diabetes, may also increase your risk for pneumococcal pneumonia.⁴

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 breath¹

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



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.⁵

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.⁴

Do you smoke? Smoking damages fragile lung tissue, making lungs more vulnerable to infection.⁴

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

Developed in partnership with 

¹Centers 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.

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

³Jain 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.

⁴Musher 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.

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

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