

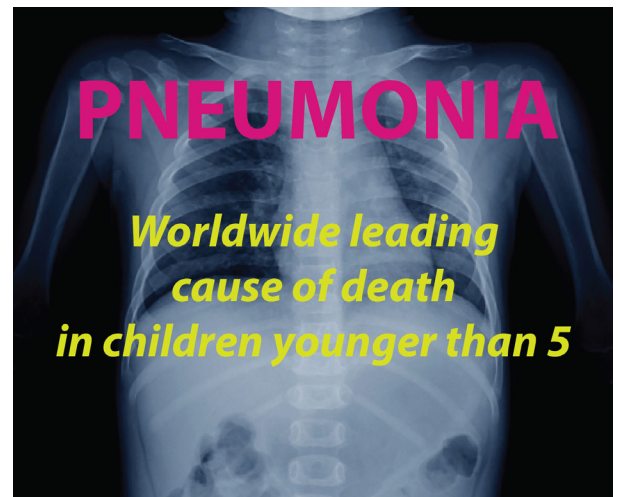
FOCUS_{on}health

■ WINTER, 2019

Physicians Caring for Kentucky

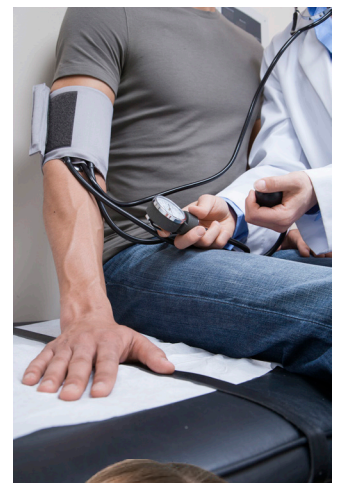
PNEUMONIA

Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Depending on the cause, physicians often treat pneumonia with medicine. In addition, vaccines can prevent some types of pneumonia. However, it is still the leading infectious cause of death in children younger than 5 years old worldwide. Common signs of pneumonia include cough, fever, and difficulty breathing. You can help prevent pneumonia and other respiratory infections by following good hygiene practices. These practices include washing your hands regularly and disinfecting frequently touched surfaces. Making healthy choices, like quitting smoking and managing ongoing medical conditions, can also help prevent pneumonia.



No matter your risk level, try to stay away from sick people. If you are sick, stay away from others as much as possible to keep from getting them sick. **You can also help prevent respiratory infections by:**

- Washing your hands regularly
- Cleaning surfaces that are touched a lot
- Coughing or sneezing into a tissue or into your elbow or sleeve
- Limiting contact with cigarette smoke or quitting smoking
- Managing ongoing medical conditions (like asthma, diabetes, or heart disease)

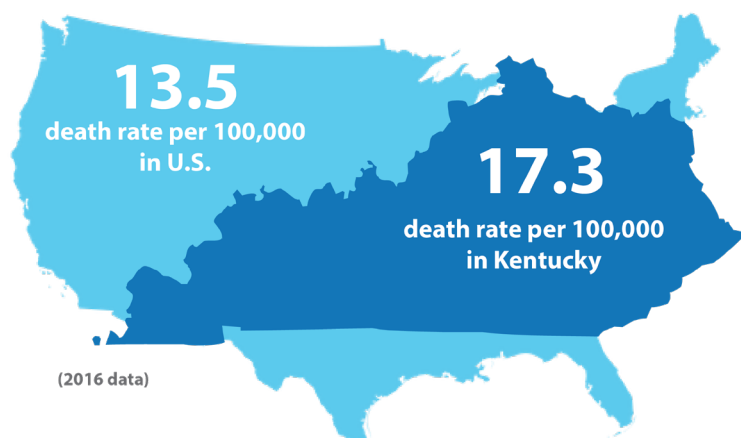


CAUSES OF PNEUMONIA

Viruses, bacteria, and fungi can all cause pneumonia. In the United States, common causes of viral pneumonia are influenza and respiratory syncytial virus (RSV). A common cause of bacterial pneumonia is *Streptococcus pneumoniae* (pneumococcus).



INFLUENZA & PNEUMONIA DEATH RATE



Influenza/pneumonia is the ninth leading cause of death in Kentucky, and pneumonia is the leading cause of death in Kentucky for those over the age of 65.

Some of the less common causes of pneumonia include:

- Adenoviruses
- *Bordetella pertussis* (whooping cough)
- *Chlamydia pneumoniae*
- *Chlamydia psittaci* (psittacosis) whooping cough virus
- Coronaviruses
- Fungi
- *Haemophilus influenzae*
- Measles virus
- Varicella-zoster virus (chickenpox)

PNEUMONIA PREVENTION: VACCINES CAN HELP

Each year in the United States, about 1 million people have to seek care in a hospital due to pneumonia. Unfortunately, about 50,000 people die from the disease each year in the United States. Most of the people affected by pneumonia in the United States are adults. Vaccines and appropriate treatment (like antibiotics and antivirals) could prevent many of these deaths.

The Centers for Disease Control (CDC) recommends two pneumococcal vaccines for adults 65 years or older:

- Get a dose of the pneumococcal conjugate vaccine (PCV13) first. Then get a dose of the pneumococcal polysaccharide vaccine (PPSV23) at least 1 year later.
- If you've already received PPSV23, get PCV13 at least 1 year after receipt of the most recent PPSV23 dose.
- If you've already received a dose of PCV13 at a younger age, CDC does not recommend another dose.



SOURCE: Centers for Disease Control