

Did You Know PNEUMONIA MAY BE PREVENTABLE?

Pneumococcal pneumonia is a life-threatening infection of the lower respiratory tract that affects children and adults around the world and is a leading cause of death.¹



The Burden of Pneumococcal Pneumonia



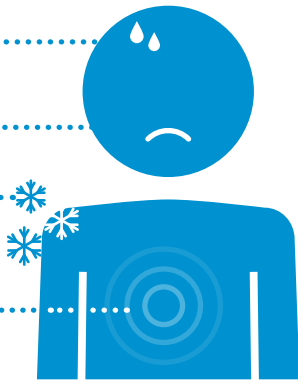
Pneumococcal pneumonia can lead to missed work days, hospitalization and complications like respiratory failure (leading to low oxygen in the blood) and sepsis (a severe response to infection that can result in shock and organ failure.)^{3,4,5,6}

Take Action

- Regular check-ups, a healthy diet and an active lifestyle can help people stay healthy. Good hygiene, including regular hand-washing can also help prevent infections.¹⁰
- Vaccination may also be an appropriate choice to help prevent pneumococcal pneumonia for people with certain risk factors.⁹
- If you are over **age 65**, or are younger but have a **compromised immune system** or are **living with a chronic condition** such as COPD, diabetes or asthma, talk to your doctor about whether a pneumococcal vaccine is right for you.

Know the Symptoms²

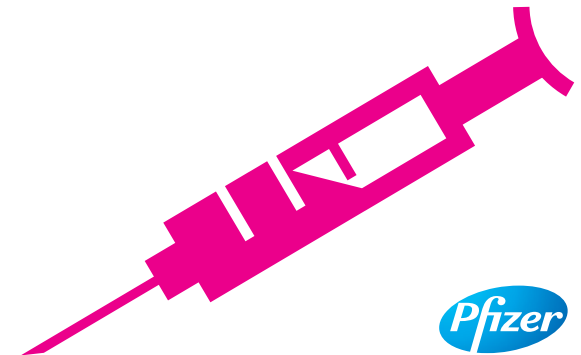
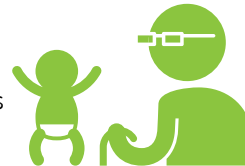
Fever
Cough
Shaking chills
Chest pain
Difficulty breathing



Who's at Risk?

Pneumococcal pneumonia can affect anyone. Those most at risk include:

- Infants and young children
- Older adults
- People with chronic conditions such as diabetes, chronic obstructive pulmonary disease (COPD) or asthma
- People with conditions that may impair their immune system, such as HIV infection.^{7,8}



¹World Health Organization (WHO). Media centre: The top 10 causes of death. Fact sheet N°310. Updated May 2014. Available at: <http://who.int/mediacentre/factsheets/fs310/en/>. Accessed August 28, 2014. ²American Lung Association. Pneumonia fact sheet. Symptoms, diagnosis and treatment. Available at: <http://www.lungusa.org/lung-disease/pneumonia/symptoms-diagnosis-and.html>. Accessed August 28, 2014. ³File TM Jr., Marrie TJ. Burden of community-acquired pneumonia in North American adults. Postgrad Med. 2010;122(2):132-136. ⁴American Lung Association. Understanding pneumonia. Available at: <http://www.lung.org/lung-disease/pneumonia/understanding-pneumonia.html>. Accessed August 28, 2014. ⁵National Heart, Lung and Blood Institute. What is respiratory failure? Available at: <http://www.nhlbi.nih.gov/health/health-topics/topics/rtf/>. Accessed September 2, 2014. ⁶MedlinePlus. Sepsis. Available at: <http://www.nlm.nih.gov/medlineplus/ency/article/000666.htm>. Accessed September 2, 2014. ⁷Metlay, JP. Measuring symptomatic and functional recovery in patients with CAP. J Gen Intern Med. 1997;12:423-430. ⁸Musher DM. *Streptococcus pneumoniae*. In: Mandell GL, Bennett JE, Dolin R, eds. Mandell, Douglas and Bennett's Principles and Practice of Infectious Diseases. 7th ed. London, UK: Churchill Livingstone; 2010:2623-2642. ⁹American Lung Association. Pneumonia fact sheet. Available at: <http://www.lung.org/lung-disease/influenza/in-depth-resources/pneumonia-fact-sheet.html>. Accessed August 25, 2014. ¹⁰Centers for Disease Control and Prevention. Pneumonia can be prevented - vaccines can help. Updated November 9, 2012. Available at: <http://www.cdc.gov/features/pneumonia/>. Accessed August 28, 2014.