



# HEALTH AWARENESS

## Things You Should Know About Pneumonia In Adults Ⓢ

(NAPSA)—Did you know that in 2006, the Centers for Disease Control reported that more people in the United States died from pneumonia than the flu? Some people may be at increased risk for pneumonia and don't understand the seriousness of the disease.

Recently, William Schaffner—M.D., president-elect of The National Foundation for Infectious Diseases and chairman of The Department of Preventive Medicine at Vanderbilt University School of Medicine—stated that during flu season, it is important that adults also recognize their personal risk for pneumonia. He also added that pneumonia is sometimes life threatening, and it is essential to be able to identify its symptoms and take preventive measures.

### **What is Pneumonia?**

Pneumonia is an infection of the lungs. The disease can range from mild to severe, and in some cases may be fatal. Pneumonia can be spread in numerous ways, the most common being airborne droplets from a cough or sneeze.

### **What are the Symptoms of Pneumonia?**

People with pneumonia often

complain of coughing. Complications of pneumonia may include bacterial infection in the bloodstream and fluid and infection around the lungs.

### **Which Adults are at Risk?**

Despite common assumptions that only older people get pneumonia, it can actually occur at any age. While adults over 65 are at highest risk for pneumonia, those with underlying persistent conditions, including heart disease, diabetes and asthma are also at risk.

### **Tips for a Healthy Lifestyle**

Healthy living habits are important and include:

- Washing your hands frequently
- Covering your mouth when you cough
- Not smoking
- Maintaining a healthy diet
- Exercising regularly
- Drinking alcohol in moderation
- Getting enough sleep
- Going regularly for health checkups

For more information on pneumonia, talk with your health care provider or visit [www.cdc.gov](http://www.cdc.gov).

This information is brought to you by Pfizer Inc.