

What is pneumonia?

Pneumonia is a lung infection that causes inflammation and buildup of mucus, pus and/or fluid in the lungs. It affects millions of people worldwide each year. Pneumonia itself is not considered contagious however, the infection that causes the pneumonia can be.



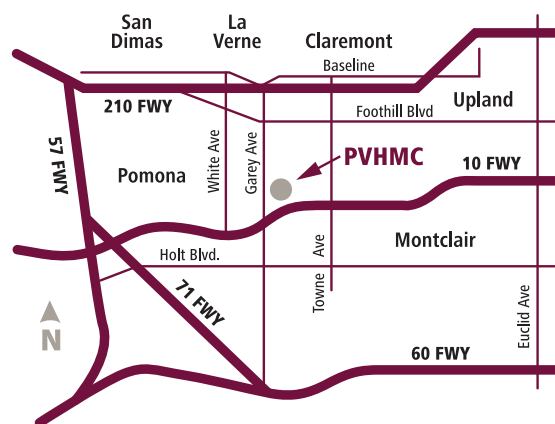
There are three types of pneumonia:

Community-acquired pneumonia develops in people who are not, and have not recently been in a hospital or other healthcare facility.

Hospital-associated pneumonia develops from bacteria that is common in health care settings or during certain procedures.

Ventilator-associated pneumonia develops after being on a ventilator (a machine that supports breathing).

Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, trauma, and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality care close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



Follow us!



Expert care with a personal touch

pvhmc.org
1798 N. Garey Avenue, Pomona, CA 91767
909.865.9500

9-4-24

What You Need to Know about Pneumonia



Expert care with a personal touch

What are the causes?

Pneumonia is caused by bacteria, viruses and/or fungi that gets into your lungs. This can happen when:

- Breathing in droplets from an infected person's cough or sneeze
- Touching something that an infected person coughed or sneezed on and then touching your mouth, nose or eyes
- Having a bacterial infection somewhere else in your body, which spreads to your lungs through your blood
- Bacteria in food, liquid, stomach acid or saliva that is inhaled into the lung
- Irritation and inflammation that results from material, such as blood or a foreign body, being inhaled into the lung which can lead to an infection

What are the signs and symptoms?

- Fever or chills
- Cough
- Altered mental status (confusion)
- Shortness of breath or wheezing
- Chest pain, especially when breathing deeply or coughing
- Tiredness, muscle aches
- Nausea, vomiting or diarrhea

What increases the risk?

The following factors may make you more likely to develop pneumonia:

- Having ongoing medical conditions such as chronic lung disease, heart disease, liver disease or diabetes
- Weakened body defense system (immune system)
- Not cleaning your teeth and gums well
- 65 years or older; 5 years old and younger
- Having trouble swallowing (aspirating)
- Using a feeding or breathing tube
- Living in a long-term care facility, such as a nursing home
- Being near certain animals or traveling to places where germs that cause pneumonia are present
- Having been hospitalized for two or more days in the past three months
- Using tobacco products

What are the treatments?

Treatment for this condition depends on many factors, such as the cause of your pneumonia, your medicines and other medical conditions you may have.

Diagnosis of pneumonia will include a chest X-ray and a sample of mucous (culture) from your throat and/or blood to find out what type of infection that is in your lungs. Treatment can include:

- Antibiotics or antivirals
- Oxygen therapy would be given only if necessary

Can pneumonia be prevented?

Yes, pneumonia can be prevented by following these steps:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer.
- Maintaining good oral hygiene: brush for at least two minutes, twice daily and get regular dental checkups.
- Getting your influenza vaccine every year and pneumonia vaccine as recommended. Ask your healthcare provider for more details.
- Limiting contact with cigarette smoke. If you smoke- make all efforts to quit. Seek a healthcare provider for assistance.
- Leading a healthy lifestyle with a nutritious diet and regular exercise.

What else can be done to prevent pneumonia?

Respiratory Syncytial Virus (RSV) is a common virus that usually causes mild, cold-like symptoms. The Centers for Disease Control and Prevention (CDC) recommends RSV vaccines for adults ages 60 to 74 years who are at risk of severe RSV and everyone 75 years and older. Please discuss vaccine options with your healthcare provider.