



أمانة للرعاية الصحية
Amana Healthcare
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Pneumonia



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Pneumonia is inflammation of the air sacs in the lungs in response to an injury, like an infection. When the airways are also involved, it may be called bronchopneumonia. Pneumonia can be in one area of a lung or be in several areas ("double" or "multilobar" pneumonia).

What causes pneumonia?

Pneumonia is typically caused by a virus or bacteria you have been exposed to in the environment or is passed to you from another person. Infection can be passed between people from direct contact (usually the hands) or inhaling droplets in the air from coughing or sneezing. Sometimes a person who has a viral infection, such as influenza virus, will develop a secondary infection from bacteria while they are sick. Pneumonia rarely can be caused by a parasite, fungus or yeast. Aspiration pneumonia is caused by a foreign material, usually food or vomit getting into the lungs from the throat, which irritates the airways and lung tissue .

Who gets pneumonia?

Pneumonia can happen at any age. However, it is more common in elderly people and young children. Some people are at higher risk of pneumonia because they have pre-existing lung diseases, poor nutrition, difficulty swallowing, other chronic health problems or problems with their immune system. People who smoke and people who are around tobacco smoke are at higher risk of developing pneumonia. People who have not had the yearly influenza vaccine or who have not been immunized for Streptococcus pneumoniae bacteria (Pneumovax®23 pneumococcal vaccines) are also at higher risk for lung infections.

What are the signs and symptoms of pneumonia?

People with pneumonia often have a cough, fever or chills, chest pain, difficulty breathing, low energy and poor appetite. Sometimes a person will have nausea, vomiting or diarrhea. It is possible to have pneumonia without a cough or fever. Symptoms may come on quickly or may worsen slowly over time. Sometimes a person who has a viral upper respiratory infection (cold) will get a new fever and worsening that signals the start of the secondary bacterial infection.

What is the recommended treatment for pneumonia?

Treatment of pneumonia depends on its likely cause and how ill the person is. The usual approach is to give antibiotics effective against the most likely bacteria causing the infection. If you develop pneumonia while in a hospital or another healthcare facility (such as a nursing home), you may need antibiotics that treat more resistant bacteria. If influenza

virus (the flu) is occurring in your area, you may be given an antiviral medication instead of or in addition to antibiotics. In certain cases, you may also be given a corticosteroid medicine. Oxygen is given if you are having trouble breathing with low oxygen levels. Depending on your symptoms the doctor will decide if you will be treated as outpatient or need admission to the hospital.

How serious is pneumonia?

Most people with pneumonia recover with antibiotics and rest. However in some patients with pneumonia they need to be in the hospital, and people with severe infection may require intensive care unit (ICU) and life support measures. Severe pneumonia may be fatal, especially for young children, or people with other medical problems. Most of the time, however, people experience a full recovery. Usually no permanent scarring or damage to the lungs results if you do not have another lung or immune problem. Your healthcare provider can talk with you about what to expect for recovery and whether you will need any follow-up x-rays or lung function tests.

Seek medical help if ?

- Your cough is severe or getting worse.
- Your fever is not going away.
- You have trouble taking your medications or concerned about possible side effects. Do not stop your medicine without contacting your health care provider.
- You do not feel better or still have a fever 48 hours after starting antibiotics.

Seek immediate medical help if you are having difficulty breathing, chest pain, develop a bluish color in your fingertips or lips, or start to cough up blood.