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[After pneumonia] my life is **no longer the same**...it limits the things I can do in life. I get **exhausted** quickly now... I also have **less energy** for my family. My physical strength is now **limited**. I always live with a **shortness of breath**.”

Angela, 51

“

As a relatively healthy person who has **never had respiratory problems**, I never thought **I was at risk from pneumonia**. Had I known a vaccine was available **I definitely would have taken** that simple step to protect myself.”

Catherine, 66

Spread the word about pneumococcal pneumonia vaccination.

It's important for people over 65 to think about having a pneumococcal pneumonia vaccination, especially those with chronic medical conditions.¹³



Help protect the ones you care about by telling them about the pneumococcal pneumonia vaccination.

Give them a copy of this leaflet.

For more information please visit:
www.expecttheunexpected.com

NoOneExpects @NoOneExpects #PreventPneumonia

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Expect the Unexpected™

Don't let pneumococcal pneumonia strike.

Could you do more to protect yourself against the sudden threat of **pneumococcal pneumonia**?

Know the risk factors.
Get the facts.

Speak to a healthcare professional or doctor about vaccination against pneumococcal pneumonia.



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Is something waiting behind you, ready to cause trouble?

For people over 65 years, this could be pneumococcal pneumonia.¹

Pneumonia is common and pneumococcal bacteria are contagious.^{1,2} Community acquired pneumonia is the most frequent cause of death due to infection in Europe.³

If you catch it, pneumonia can be serious and life threatening.⁴

» Read on for more information about the illness and the simple steps that can help protect you from this unexpected threat.

» What is pneumococcal pneumonia?

Pneumonia is a serious infection of one or both lungs⁵ (caused by bacteria, viruses or fungi)⁶ and is the fourth leading cause of death in older people.⁷

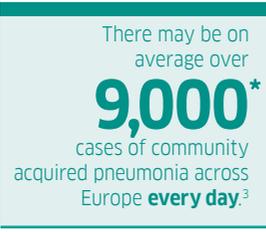
It may start quickly and can result in hospitalisation.^{3,7} Your risk of getting it increases as you age as the immune system usually declines in efficiency.⁸ However anyone can get pneumonia.⁹

Pneumococcal pneumonia is caused by the Streptococcus pneumoniae bacteria.¹⁰

» Did you know pneumococcal pneumonia is contagious?

Pneumococcal bacteria are contagious and pneumonia needs to be taken seriously, even if you are young and fit.^{1,4}

In Europe, the most frequent cause of death due to infection is community acquired pneumonia³ which can affect people as they go about their everyday lives.



Community acquired pneumonia is the most frequent cause of death due to infection in Europe.³

» Who can catch pneumonia?

Pneumonia can affect anyone⁹ and could even be caught by those who exercise, eat healthily and generally take care of themselves. However, there are a number of factors that increase the risk of catching pneumonia. For example:^{5,11}

- **Adults over 65** years of age and young children are more susceptible to pneumonia
- If you have chronic medical conditions such as **cardiovascular (heart) disease, diabetes** or chronic respiratory diseases such as **chronic obstructive pulmonary disease (COPD)** or **asthma**
- If you have **conditions that may weaken the immune system**
- If you are a **smoker** or **drink alcohol to excess** on a regular basis

» What are the symptoms?

Pneumonia can make you feel really unwell, and gets progressively worse.⁵ Symptoms are similar to the flu and can include:

A very high temperature, sweating, shivering and a cough that brings up phlegm (mucus).⁵

A sharp pain in the side of your chest can also develop.⁵

The lack of oxygen in your blood might cause your lips and nail beds to turn blue.¹¹

Even after the main symptoms have eventually subsided following treatment, you can feel tired and unable to return to normal activities for quite some time.^{3,12}

» How long does pneumonia last?

It may take weeks or even months to feel well again after catching pneumonia.⁴

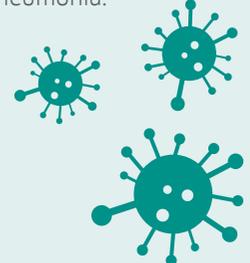
It could have a dramatic effect on your life; you could miss out on doing things that are important to you. While ill, older patients may also need support from a caregiver.⁷

Expect the Unexpected™

Knowing your enemy is half the battle so check out these facts and equip yourself with the knowledge you need to help protect yourself against pneumococcal pneumonia:

1. Reduce the risk

A simple vaccination can help reduce the risk of pneumococcal pneumonia¹³ and you can get vaccinated at the same time as your annual flu vaccine¹⁴



2. More fatal than flu

Most of us know that flu can be serious, but in adults over the age of 65, pneumonia is more fatal than flu¹⁵

3. Lengthy hospital stays

The average length of a hospital stay for someone with pneumonia is ten days^{16**}

4. Increased risk of cardiovascular disease

Those over 65 have a four times greater risk of cardiovascular disease in the first 30 days after being treated for pneumonia in hospital compared with those who haven't had the infection. Even in subsequent years, the risk is still higher¹⁷

» What can you do?

Vaccination has been proven to be a successful method for preventing pneumococcal pneumonia¹⁸ and, since pneumonia can be a serious⁴ and long-lasting illness,⁵ it is worth discussing vaccination with your healthcare provider.

If you catch pneumonia, you will usually be treated with antibiotics if the cause of the illness is bacterial.¹²

However, some strains of bacterial infection are showing growing resistance to antibiotic therapy which may make treatment decisions more challenging.¹⁹

Get vaccinated

A simple vaccination can help reduce the risk of pneumococcal pneumonia¹³

Speak to your healthcare professional about pneumococcal pneumonia vaccination.



* About 3 370 000 cases are expected annually

** Data from 2005