

Expect the Unexpected™

Speak to your healthcare professional or doctor about **pneumococcal pneumonia vaccination** and help avoid the sudden threat of pneumococcal pneumonia

Is something waiting behind you, ready to cause trouble?

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

Who is at risk?

The chance of getting pneumonia increases with age as the immune system usually declines in efficiency.² There are a number of factors that increase the risk of pneumonia: **age** - adults over 65 years of age and young children are more susceptible, **chronic medical conditions** like cardiovascular (heart) disease, diabetes, **chronic respiratory diseases** such as Chronic Obstructive Pulmonary Disease (COPD) or asthma, conditions that may weaken the immune system, and **smoking or drinking alcohol** to excess on a regular basis.^{3,4}

People over

65 years of age are more susceptible⁴

However pneumonia **can affect anyone**,⁵ and could even be caught by those who exercise, eat healthily and generally take care of themselves.

The unexpected threat...

Pneumonia is **common** and pneumococcal bacteria are **contagious**.^{1,6}



Up to

20%

of adults who catch pneumococcal pneumonia **will die from it**.⁸



Community acquired pneumonia is the **most frequent cause of death** due to infection in Europe.⁷

There may be on average over

9,000*

cases of community acquired pneumonia across Europe **every day**.⁷

Some symptoms of pneumonia, such as **coughing, high temperature and pain in the side of the chest** can last a long time and it can take weeks or even months to feel well again.³



The average length of a hospital stay for someone with pneumonia is **ten days**.^{9**}



4x

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 higher.¹⁰

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

Get vaccinated

A simple vaccination can help reduce the risk of pneumococcal pneumonia¹¹

Speak to your healthcare professional about pneumococcal pneumonia vaccination.



Spread the word about pneumococcal pneumonia vaccination

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



For more information please visit www.expecttheunexpected.com

NoOneExpects @NoOneExpects #PreventPneumonia

Expect the Unexpected™.

Don't let pneumococcal pneumonia catch you by surprise.



Expect the unexpected™

References 1 Centers for Disease Control and Prevention (CDC). Pneumococcal disease - Risk factors & transmission. Available at: <http://www.cdc.gov/pneumococcal/about/risk-transmission.html> [Last accessed: 9 June 2015] 2 Caruso C, Buffa S, Candore G et al. Mechanisms of immunosenescence. *Immunity and Ageing*. 2009; 6:10 3 British Lung Foundation. Pneumonia. Available at: <http://www.blf.org.uk/Page/Pneumonia> [Last accessed: 9 June 2015] 4 American Lung Association. Pneumonia fact sheet. Available at: <http://www.lung.org/lung-disease/influenza/in-depth-resources/pneumonia-fact-sheet.html> [Last accessed: 9 June 2015] 5 Hoare Z and Lim WS. Pneumonia: update on diagnosis and management. *British Medical Journal*. 2006; 332: 1077-79 6 Ruuskanen O, Lahti E, Jennings LC et al. Viral pneumonia. *Lancet*. 2011;377:1264-75 7 European Respiratory Society (ERS). European Lung White Book - Chapter 18. Available at: <http://www.erswhitebook.org/chapters/acute-lower-respiratory-infections/pneumonia/> [Last accessed: 9 June 2015] 8 Institute of Medicine. Ranking vaccines: A prioritization software tool: Phase II: Prototype of a decision-support system. 2013. Available at: <http://www.nap.edu/catalog/13531/ranking-vaccines-a-prioritization-software-tool-phase-ii-prototype-of> [Last accessed: 9 June 2015] 9 Supporting Active Ageing Through Immunisation (SAATI) Partnership. Adult vaccination: A key component of healthy ageing. 2013. Available at: <http://saati-coalition.eu/> [Last accessed: 9 June 2015] 10 Corrales-Medina VF, Alvarez KN, Weissfeld LA et al. Association between hospitalization for pneumonia and subsequent risk of cardiovascular disease. *Journal of the American Medical Association*. 2015; 313(3):264-274 11 National Health Service. Pneumococcal vaccine. Available at: <http://www.nhs.uk/Conditions/vaccinations/Pages/pneumococcal-vaccination.aspx> [Last accessed: 9 June 2015]

