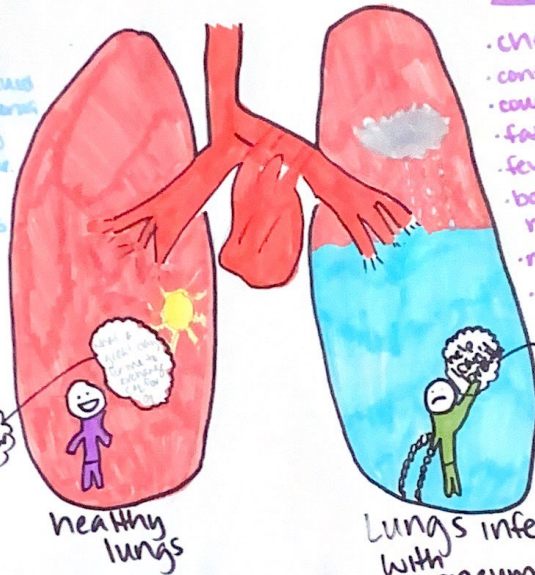


What is Pneumonia?

Pneumonia is an infection that inflames the air sacs in the infected lungs. These air sacs are filled with fluid or pus. One issue caused by pneumonia is difficulty breathing, hence why my infected lung is saying he can't breathe. There are multiple causes of pneumonia by different organisms including bacteria, viruses + fungi. Symptoms also depend on what is causing the infection. It is also more serious in children, adults > 65, those with weakened immune systems or health issues.

What is a great day for me to exchange Cl2 for oxygen?



Healthy Lungs

Lungs Infected with pneumonia

Symptoms

- chest pain when breathing or coughing
- confusion or changes in mental awareness
- cough, which could produce phlegm
- fatigue
- fever, sweating and shaking chills
- body temperature that is lower than normal
- nausea, vomiting, or diarrhea
- shortness of breath

Risk Factors

Anyone can be affected by pneumonia but 2 age groups are at higher risk, those are children 2 and under, people 65+. Being in an ICU unit can also increase your risk, especially if you are on a ventilator. If you have other respiratory illnesses your chances are also higher eg. Asthma or COPD. Smoking can also put you at risk because it damages your body's natural defenses against bacteria or other things that can cause pneumonia. People who have HIV/AIDS, those who have had organ transplants, undergoing chemotherapy or long-term steroids are also at risk.

Prevention

- getting vaccinated and getting your children vaccinated
- practice good hygiene
- avoid smoking
- get enough sleep, exercise regularly + eat a healthy diet to keep your immune system strong.

Diagnosis

- blood tests
- chest x-ray
- pulse oximetry
- sputum test
- CT scan
- pleural fluid culture

Treatment

- Antibiotics if it is bacterial pneumonia, but will depend on the type of bacteria
- Cough medicine, this is a good over-the-counter option to suppress coughing
- Fever reducers/pain relievers such as Aspirin, Ibuprofen, and acetaminophen to help with fever.
- Hospitalization if your condition is bad enough and ICU for those needing a ventilator, or if you are a child experiencing severe symptoms.