

WORLD PNEUMONIA DAY

12th November

SHIELDING AGAINST PNEUMONIA: KEY FACTS & PREVENTION



- Pneumonia is a form of acute respiratory infection that affects the lungs, making breathing painful and limiting oxygen intake. Pneumonia is the biggest killer of children under age 5 worldwide. Nearly one in five global child deaths result from pneumonia every year. Moreover, this is a preventable and treatable illness via vaccines, antibiotic treatment, and improved sanitation.
- Pneumonia accounts for 14% of all deaths of children under 5 years old.
- Pneumonia can be caused by viruses, bacteria, or fungi.
- Pneumonia can be prevented by immunization, adequate nutrition, and by addressing environmental factors.
- Pneumonia caused by bacteria can be treated with antibiotics, but only one-third of children with pneumonia receive the antibiotics they need.





Risk Factors

While most healthy people can fight the infection with their natural defenses, people whose immune systems are compromised are at higher risk of developing pneumonia. A person's immune system may be weakened by malnutrition or undernourishment, especially in infants who are not exclusively breastfed.

Pre-existing illnesses, such as symptomatic HIV infections and measles, also increase a person's risk of contracting pneumonia.

The following environmental factors also increase a people's susceptibility to pneumonia:

- Indoor air pollution caused by cooking and heating with biomass fuels (such as wood or dung)
- Living in crowded homes
- Parental smoking



Prevention

- Preventing pneumonia in children is an essential component of a strategy to reduce child mortality. Immunization against Hib, pneumococcus, measles, and whooping cough (pertussis) is the most effective way to prevent pneumonia.
- Adequate nutrition is key to improving children's natural defenses, starting with exclusive breastfeeding for the first 6 months of life. In addition to being effective in preventing pneumonia, it also helps to reduce the length of the illness if a child does become ill.
- Addressing environmental factors such as indoor air pollution (by providing affordable clean indoor stoves, for example) and encouraging good hygiene in crowded homes also reduces the number of children who fall ill with pneumonia.

Some More Preventive Aids for Pneumonia

- Vitamin E can significantly increase the immune system's ability to combat bacterial infections linked to pneumonia.
- People who exercise regularly have a lower risk of developing pneumonia and pneumonia-related death compared to those who are the least or not physically active.



Some More Preventive Aids for Pneumonia

- Don't Let Your Dentures Become a Bacterial Reservoir: Each time you eat, rinse your dentures and your mouth afterward. Brush your dentures every evening using a toothbrush and toothpaste specifically designed to clean the special materials your dentures are made from. Some experts even recommend using soap and water instead of denture toothpaste for extra cleaning power. Brush your mouth in the morning before putting your dentures in and in the evening after taking them out. Use a regular toothbrush, not the one you use to clean your dentures. Soak your dentures overnight in a denture-soaking solution rather than plain water. Rinse your dentures before you put them in your mouth in the morning.
- Zinc is the best defense against pneumonia bacteria.
- Getting in as little as ten minutes of cardio activity a week — or as much as 150 minutes a week — can drop the risk of dying from flu or pneumonia by 21 percent.
- Vitamin D helps prevent pneumonia.





futurisk
THE INSURANCE COACH