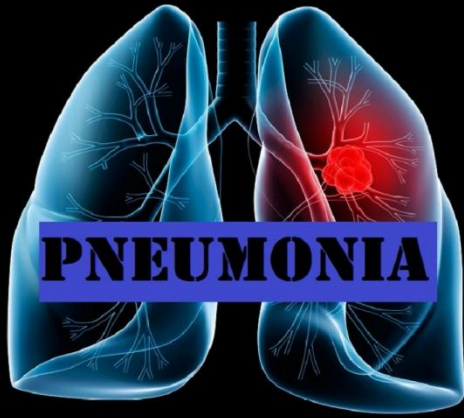


# Pneumonia:

Pneumonia is an **infection of the lungs**. It causes the air sacs (alveoli) to fill with fluid or pus, making it harder to breathe and causing cough and fever. It can affect **one or both lungs** and may range from mild to severe.



## What Causes Pneumonia?

Pneumonia can be caused by:

**Bacteria** (most common - e.g., *Streptococcus pneumoniae*)

**Viruses** (e.g., influenza, COVID-19)

**Fungi** (in people with weak immunity)

Pneumonia can occur after:

Common cold or flu

Smoking

Chronic illnesses (diabetes, heart or lung disease)

Weak immune system

Elderly age

## Treatment Options:

Treatment depends on the cause and severity:

### 1. Antibiotics

Used for **bacterial pneumonia**.

Common ones include:

- Amoxicillin
- Azithromycin
- Ceftriaxone
- Levofloxacin

Take the full course **exactly as prescribed**.

### 2. Antiviral Medicines

Used for viral pneumonia such as influenza or COVID-19.

### 3. Supportive Care

- Adequate rest
- Fluids to prevent dehydration
- Fever control (paracetamol)
- Oxygen therapy (if needed)

### 4. Hospital Care

Required if:

- Severe breathing difficulty
- Low oxygen levels
- Very young or elderly
- Weak immune system
- Multiple medical problems



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## Common Symptoms:

- Fever or chills
- Cough (dry or with phlegm)
- Chest pain, especially when breathing
- Shortness of breath
- Fatigue or weakness
- Loss of appetite
- Fast heartbeat
- Confusion (especially in elderly)

## How is Pneumonia Diagnosed?

- A healthcare provider may perform:
- **Physical exam** (listening to lungs)
- **Chest X-ray**
- **Blood tests**
- **Sputum culture** - to identify germs
- **Pulse oximetry** - to check oxygen level

*Lungs, they do not like to be messed with. I give pneumonia one star, and that's for the silent 'p.'*  
-Justine Larbalestier

## Prevention:

### Vaccination:



- ✓ [Pneumococcal vaccine  
Influenza vaccine,  
COVID-19 vaccine]



- ✓ Wash hands regularly
- ✓ Avoid smoking
- ✓ Maintain good nutrition and hydration
- ✓ Manage chronic illnesses properly

### When to Seek Medical Help:

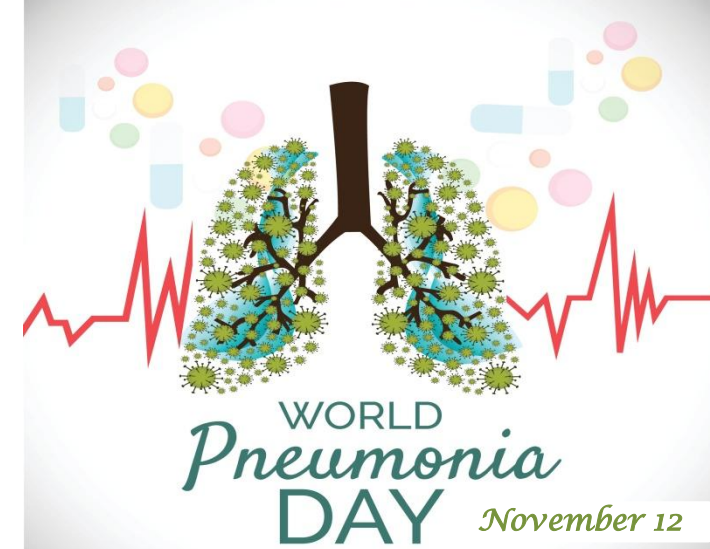
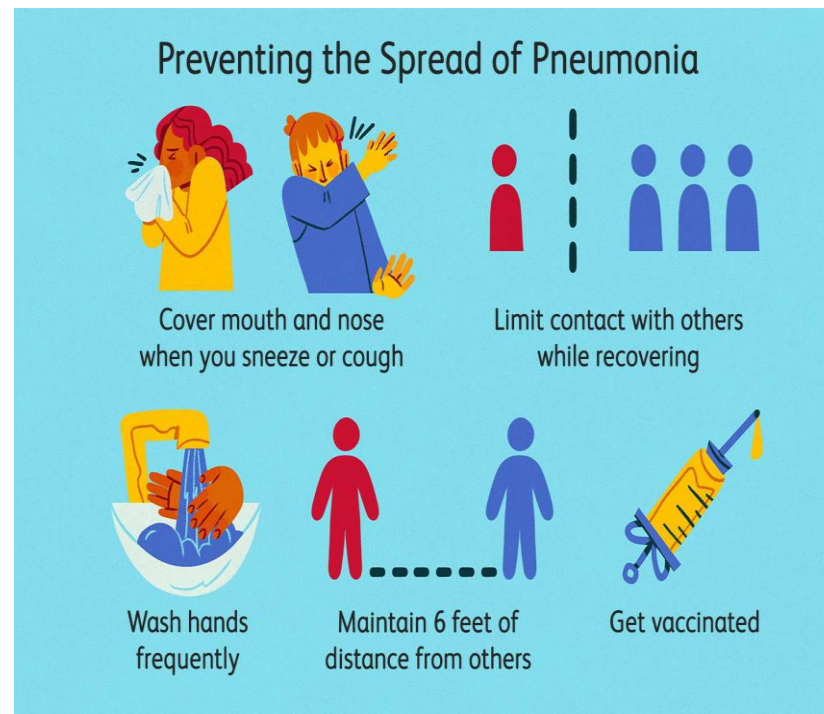
- Seek urgent medical care if you or someone else has:
- Difficulty breathing
- Chest pain
- High fever not improving
- Bluish lips or face
- Confusion or severe weakness
- Symptoms worsening after 2-3 days of treatment

## Recovery Tips:

- Take medicines regularly
- Rest well
- Drink plenty of fluids
- Finish the full antibiotic course
- Attend follow-up appointments
- Return slowly to daily activities

## Pneumonia is treatable.

With proper medication, rest, and preventive care, most people recover completely.



### Contact Us :

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