

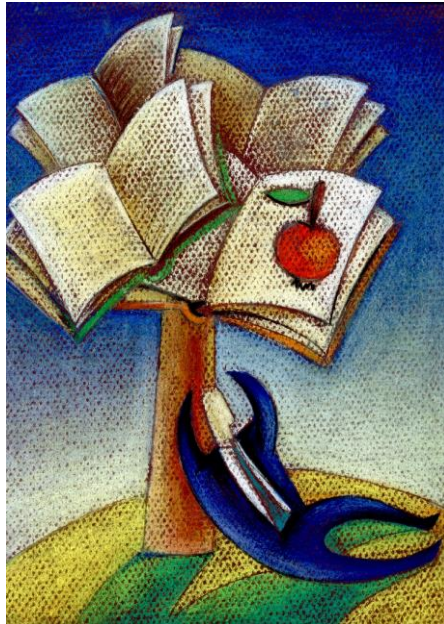


**NICOSIA GENERAL HOSPITAL
PULMONOLOGY CLINIC**

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Community-acquired pneumonia

What do I have to know



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What is community-acquired Pneumonia?

Community-acquired pneumonia is a respiratory condition characterized by lung inflammation. Community-acquired pneumonia refers specifically to pneumonia occurring in individuals who have not recently been hospitalized and do not reside in institutions or long-term care facilities.



What are its causes?

Microorganisms (responsible for approximately 90% of cases), viruses and fungi.

Is it a common disease?

Pneumonia affects millions of people worldwide each year.

How can someone contact pneumonia?

Microorganisms and pathogens that cause pneumonia can reach the lungs through inhalation of contaminated droplets, microbes spread from mouth, sinuses or nasal passages and through aspiration of vomit into the lungs.

What are the risk factors for developing Pneumonia?



- smoking
- recent viral infection-cold
- swallowing difficulties (common in individuals with stroke, neurological disorders, people who are bedridden)
- chronic pulmonary diseases (e.g. chronic obstructive pulmonary disease, bronchial asthma cystic fibrosis, bronchiectasis)
- severe cardiac conditions, liver cirrhosis, diabetes mellitus
- recent surgery or trauma
- immunosuppression difficulties (AIDS, usage of immunosuppressive drugs and corticosteroids)
- residence in institutions
- alcoholism
- advanced age

How can I tell if I have Pneumonia?

Pneumonia typically presents with symptoms such as fever, cough, sputum production, fatigue. Less commonly, it may be accompanied with vomiting or sharp chest pain during breathing.

How is Pneumonia diagnosed?



Diagnosis is based on clinical examination, blood test and chest X-Ray.



How is Pneumonia treated?

Pneumonia treatment involves administration of antibiotics for 7-10 days. Depending on the severity, treatment may be provided at home or require hospitalization, as determined by the physician. In severe cases, the patient may need to be admitted to an Intensive Care Unit (ICU).

What should I do to recover?

To ensure proper recovery, the patient should strictly follow medical instructions and do not discontinue medication early, even if symptoms improve, to avoid relapse. During recovery, patient must maintain adequate rest, nutritious diet, good sleep and gain sufficient hydration. A follow-up to the doctor is essential, including a repeat chest X-Ray, typically four weeks after initial diagnosis or earlier if deemed necessary by the physician. Radiographic improvement often lags behind clinical recovery.

Pneumonia prevention



- quit smoking
- receive influenza vaccine (for high-risk groups)
- receive pneumococcal vaccine (for high-risk groups)
- adhere to medical guidance, especially if living with a chronic condition

