

# KNOW PNEUMONIA

## Get the conversation going.

It's important that adults talk to their doctor or pharmacist about their risk for pneumococcal pneumonia and ways to help protect themselves.

**Take this guide to the doctor's office or pharmacy at your next visit. While you're there, ask about a vaccination option from Pfizer.**

### Risk Factors

#### AGE

As people age, their immune systems become less capable of protecting them from illnesses. Even healthy adults as young as 50 are at increased risk for pneumococcal pneumonia.

#### CHRONIC HEALTH CONDITIONS

Certain chronic health conditions (e.g. diabetes, heart disease, asthma, or COPD) or a compromised immune system can make the body more vulnerable to serious illnesses such as pneumococcal pneumonia.

#### LIFESTYLE

Smoking damages fragile lung tissue, making lungs more vulnerable to infection.

Go to [knowpneumonia.com](http://knowpneumonia.com) to find out more.



The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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