

KNOW PNEUMONIA

ADULTS 65+

GET THE CONVERSATION GOING—EVEN IF YOU'RE HEALTHY.

You stay on top of your health by taking steps like keeping active and eating right. But if you're 65 or older, you may still be at risk for pneumococcal pneumonia. That's why it's important to talk to your doctor or pharmacist about your personal risk and ways to help protect yourself.

Take this guide to your doctor's office or pharmacy at your next visit. While you're there, ask if vaccination is right for you.

Risk Factors

AGE

As people age, their immune systems become less capable of protecting them from illnesses. Age is one of the primary risk factors for pneumococcal pneumonia, and even healthy adults 65 years or older are at increased risk for pneumococcal disease.

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 pneumococcal pneumonia and other infections.

GO TO [KNOWPNEUMONIA.COM](https://www.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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