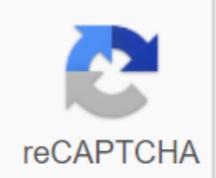




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## Pneumonia definição pdf

Bacteria are the most common cause of pneumonia in adults. Bacterial pneumonia can follow a viral infection, such as a cold or flu (flu). This type of pneumonia usually affects an area of the lung and is called lobar pneumonia. Types of bacteria that cause pneumonia include: Streptococcus pneumoniae Legionella pneumophila, the cause of Legionnaires' disease, or Legionellosis. Mycoplasma pneumoniae Chlamydophila pneumoniae Helophilus influenzae type B (Hib). Streptococcus pneumoniae, also known as pneumococcus, is the most common cause of pneumonia. (2) It can be prevented by a vaccine. The Centers for Disease Control and Prevention (CDC) recommends two pneumonia vaccines for adults 65 years of age and older: pneumococcal conjugate vaccine, or Prevnar 13 (PCV13), and pneumococcal polysaccharide vaccine, or Pneumovax 23 (PPSV23). (3) According to the CDC: You should receive a dose of pneumococcal conjugate vaccine (PCV13) first, followed at least one year later by a dose of the polysaccharide pneumococcal vaccine (PPSV23). If you have already received a dose of PCV13 at a younger age, another dose is not recommended. Mycoplasma pneumoniae usually infects young adults who work in overcrowded areas, such as schools, homeless shelters or prisons. (4) Chlamydophila pneumoniae causes a mild pneumonia infection that usually affects people over the age of 60. (5) Infection with Haemophilus influenzae type B (Hib) can be prevented with a vaccine called the Hib vaccine. It is recommended for all children under 5 years of age and is usually given to infants from 2 months of age. (6) Most of the bacteria that cause pneumonia are pyogenic bacteria, which means they form pus, a combination of serum debris, dead bacteria and white blood cells. A cough that produces discolored mucus in the presence of fever and shortness of breath can be a classic sign of bacterial pneumonia. Other symptoms of bacterial pneumonia include: High fever Chills Rapid breathing Pain when coughing or breath deeply Shortness of breath Exhaustion Loss of appetite. Bacterial pneumonias tended to be more serious with more notable symptoms than other types of pneumonia. Switching to Content Viruses or bacteria can cause pneumonia; signs include high fever, cough and vomiting. Learn the signs of pneumonia in babies and seek treatment immediately. Pneumonia is a life-threatening disease caused by a virus or bacteria that creates an infection in the lungs. The air sacs in the lungs fill with and other fluids, making breathing difficult. Both forms of pneumonia, viral and bacterial, strike quickly and can be dangerous if left untreated. In many cases, pneumonia can present as a cold or a bad cough, but bacterial infections can develop without previous cold symptoms. If your baby has any of the symptoms below, he needs immediate medical attention. Blue lips or a blue face indicate that your baby is not getting enough oxygen, and immediate hospitalization is essential. High fever - usually more than 102 degrees F and accompanied by chills and muscle pain. Fatigue - drowsiness, weakness and lack of energy. Labored breathing can be fast but shallow, from the stomach instead of the chest, and with excessive flaring of the nose or wheezing. Cough - productive or wet; mucus (which may be rusty or green in color) can be coughing of the lungs. In severe cases, the mucus can be stained with blood. Blue coloring - blue or tinted skin (in infants, it is particularly visible around the lips and face). Pain - chest or abdominal pain, depending on the part of the lung or lungs are infected. Stomach disorders - nausea, vomiting, and even diarrhea. There are no guaranteed ways to avoid pneumonia, but there are some preventive measures that you can take to minimize your baby's risk. All parents and caregivers should wash their hands regularly; lollipops, bottles and toys should be washed regularly to eliminate bacteria and viruses. Babies can receive pneumococcal vaccine, now approved for babies under 2 years of age. Pneumonia cannot be treated at home; you need to see a doctor as soon as possible. It is important to trust your instincts and ask for help. A productive wet cough is actually a useful part of the healing process, but do not use cingulants and expectorants without first consulting a doctor. For bacterial pneumonia, the doctor may prescribe antibiotics; a huge improvement usually follows the second dose. Antibiotics cannot be used to treat viral pneumonia. Consult your doctor to make sure these guidelines are recommended for your child's recovery at home. After spending 10 minutes sitting with your baby in a steam-filled bathroom, use your hand in a cup to beat the baby's back and chest for a few minutes. This treatment can cause your baby to cough, a sign that the treatment is working. Doctors recommend this treatment for bacterial and viral pneumonia. Use a humidifier or cool mist spray at night. Give acetaminophen (children's Tylenol) or ibuprofen (Children's Advil) to help reduce fever and relieve pain. Copyright © 2012 Meredith Corporation. All content of this website, including medical advice and other health information, is only for informational purposes and should not be considered a diagnosis or health plan, specific for an individual situation. The use of this site and the information contained in this site does not create a doctor-patient relationship. Always seek direct advice from your own doctor about any questions or problems you may have regarding your own health or the health of others. © Copyright . All rights reserved. Printed from this link is to an external site that may or may not meet accessibility guidelines. Pneumonia is an inflammation and infection of the lungs. Caused by a bacterial infection, parasite, fungus or virus. Infected lungs begin to leak and shed dead cells, all that or coming out of the lungs clogs the air sacs, so the lungs cannot get enough oxygen for the blood. Just like a bad flu, but worse, if you have pneumonia, you may experience a high fever and a large cough, usually related to mucus production, fever and chills, headache, chest pain and rapid, shallow breathing, or being short of breath. This is a loss of appetite and a moist feeling to the skin or excessive sweating, pneumonia is not a comfortable disease, which can have ramifications that last for weeks or sometimes months. People most susceptible to pneumonia are smokers and alcoholics, those with weak immune systems, the elderly and those who are already sick with other viral diseases such as influenza. Pneumonia is very common, and cases range from mild to very severe where you may need to be hospitalized. Defining pneumonia in one sentence is easy: Pneumonia is an infection of lung tissue, says Luke Benvenuto, MD, a pulmonologist at NewYork-Presbyterian/Columbia University Irving Medical Center. But adds Dr. Benvenuto, pneumonia is much more nuanced than any simple definition: the disease is difficult to diagnose definitively, and treatment often relies on informed guesses from doctors. Pneumonia can be a serious or even fatal illness. According to the Centers for Disease Control and Prevention (CDC), nearly 50,000 people die from pneumonia each year, and the disease is responsible for one million hospital visits each year. So if you have a fever or cough, should you go directly to your doctor? Maybe, but not necessarily. Pneumonia is probably incredibly overdiagnosed, says Dr. Benvenuto. Most often, he says, a patient's symptoms are the result of bronchitis or other respiratory infection. But uncertainty and worry, says Dr. Benvenuto, makes doctors cautious, prescribing antibiotics just in case a patient has pneumonia. As we head into another germ-filled winter, find out what you need to know about avoiding pneumonia and how to treat the disease if your attempts fail. RELATED: Bronchitis vs. Pneumonia: Here's how to make a difference. The most common cause for pneumonia is the bacteria, says Dr. Benvenuto. Pneumonia can also be caused by a virus, and in very rare cases, by fungi. But, notes Dr. Benvenuto, the latter form of the disease is more common in people whose immune systems are suppressed. Fatigue. A cough. These may be signs of pneumonia, but they are also symptoms of a respiratory infection, says Dr. Benvenuto. This is part of what makes pneumonia so difficult to diagnose. When should you see the doctor? If you have a fever and you also experience shortness of breath, please consult your doctor, says Dr. Benvenuto. Another guideline is to go to your doctor's office if the symptoms feel severe (which means different things for people) and linger for more than three days, says David Cutler, MD, a family medicine physician at Providence Saint John's Health Center in Santa Monica, California. Particularly vulnerable people — the elderly, babies — should act sooner, he says. RELATED: 8 Signs That Your Cough May Actually Be Pneumonia Like any viral infection, viral pneumonia is highly contagious — a sneeze or cough spreads germs in the air. To avoid it, follow the same good habits you use to avoid a cold: wash your hands frequently, clean surfaces where germs can cling (such as door knobs), and encourage people around you to sneeze into their elbows (not hands). Getting your flu shot can also help, as the virus can lead to pneumonia infections. Vaccines that protect against bacterial pneumonia are available for people over 65 and for young children and are an extremely effective prevention tool. Older people and children under the age of 5 have an increased risk of contracting pneumonia. Cigarette smokers and people with certain medical conditions, such as diabetes or heart disease, are also more likely than others to have pneumonia. Because the symptoms of pneumonia mimic those of respiratory infections, the diagnosis of the disease is difficult for doctors. It's quite difficult to tell the difference between pneumonia and bronchitis, says Dr. Benvenuto. Typically, the difference is made based on getting a chest x-ray and seeing a blurred part, he adds. Expect your doctor to ask about your symptoms and have an exam, says Dr. Cutler. Your doctor may use rapid flu tests (to rule out the possibility of flu), blood tests, or chest x-rays at zero on a diagnosis. RELATED: 7 Types of cough and what they might mean. The treatment depends on the variety of pneumonia your doctor suspects you have. Generally, if it's a bacterial, you'd like to use antibiotics to treat it. In general, if it's a virus that causes pneumonia, you don't want to use antibiotics to treat it, says Dr. Cutler. The difficulty, he adds, is that doctors often don't really know the variant that patients have. Viral infections simply need to run through — antibiotics won't help (and, in fact, could cause unpleasant side effects). However, troublesome symptoms can be managed, says Dr. Cutler. Taking Tylenol or ibuprofen can control fever, while expectorants will thin mucus on the lungs, so you can cough it up more easily, he said. And, of course, rest and drink tons of liquids. Liquid intake is probably the most important thing, says Dr. Cutler. People downplay the importance of this — it's extremely important to rest and take fluids. For bacterial infections, doctors will try to figure out which germ you are most likely to have, depending on several factors, including your age and time of year. Then they will use this information to match you with an appropriate antibiotic, which may require informed guesswork. There is no single antibiotic to treat all notes Dr. Cutler. Once you start antibiotics, you will probably improve quickly. If you have pneumonia and are being treated with antibiotics, you should start feeling better within 48 hours, says Dr. Benvenuto. Some symptoms will persist, however — Dr. Benvenuto estimates that it may take a few weeks to fully rebound. Perhaps the scariest thing about pneumonia is that it can lead to hospitalization or even death. But take the heart in Dr. Cutler's soothing words: It's unlikely you'll have pneumonia, and in the rare cases that you have pneumonia, it's very likely that you're doing very well.

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