



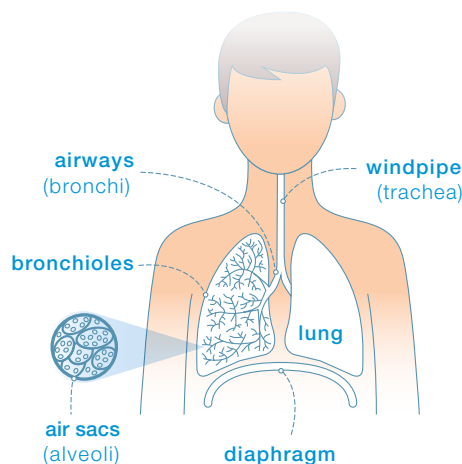
HELP PROTECT YOUR LOVED ONES FROM PNEUMOCOCCAL PNEUMONIA

Pneumococcal
 vaccination
 is payable by
 Medisave.^{1,2}

If you're at least 65 years, you're at risk of pneumococcal pneumonia. This can be life-threatening. But it is also preventable.³

Learn about the facts and figures of pneumococcal pneumonia and what you can do to prevent it.

The material provides basic information to help you understand pneumonia. It is not meant to replace the advice of medical professionals.



What is pneumonia?

Pneumonia is an infection of the lungs. It affects the tiny air sacs in your lungs, which are called alveoli. When you have pneumonia, these air sacs get inflamed and fill with fluid, making it harder for you to breathe. This may cause symptoms such as cough, difficulty of breathing, and fever.³

Pneumococcal pneumonia, in particular, is that type of infection caused by the bacteria, *Streptococcus pneumoniae*.⁵⁻⁷ Other than pneumonia, *Streptococcus pneumoniae* also causes:



Meningitis
 when the tissues
 covering the brain and
 the spinal cord get
 infected⁵⁻⁷



Bacteraemia
 blood
 infection⁵⁻⁷



**Acute
 otitis media**
 ear infection^{5,6}



**Septic
 arthritis**
 infection in
 the joints^{5,6}



Osteomyelitis
 infection of the
 bone and bone
 marrow^{5,6}

In 2017,
 more than
 4,000 deaths
 were due to
 pneumonia in
 Singapore.⁴

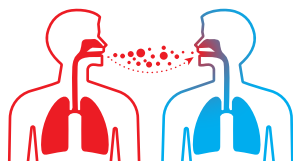




What are the other causes of pneumonia?^{8,9}

- Other bacteria
- Viruses
- Mycoplasmas
- Fungi

How can these causative agents spread?^{3,7}



Person-to-person, via direct contact with respiratory secretions (eg, saliva or mucus)³

How do you know if you have pneumonia?

Pneumonia is associated with common symptoms such as cough that often produces green or yellow sputum, sneezing, fever, chills, pain with breathing, rapid breathing, and fast heart rate.^{3,13}

If it becomes worse, it may lead to any of the following:

- Bacteraemia¹³
- Empyema (infection in the space between the inner lining of the chest wall and the covering of the lungs)¹³
- Lung abscess (collection of pus in the area infected with pneumonia)¹³
- Cardiovascular events (an increased risk of having a heart attack after recovery)¹⁴
- Death—pneumonia is serious and can be life-threatening³

PNEUMONIA IS SERIOUS and can be life-threatening!³

Worldwide facts and figures about pneumonia

Pneumonia tends to be more serious in children <5 years and adults >65 years.¹⁰



The risk of hospitalization for pneumococcal pneumonia is 10 times greater for adults >65 years vs those aged 18-49.¹¹

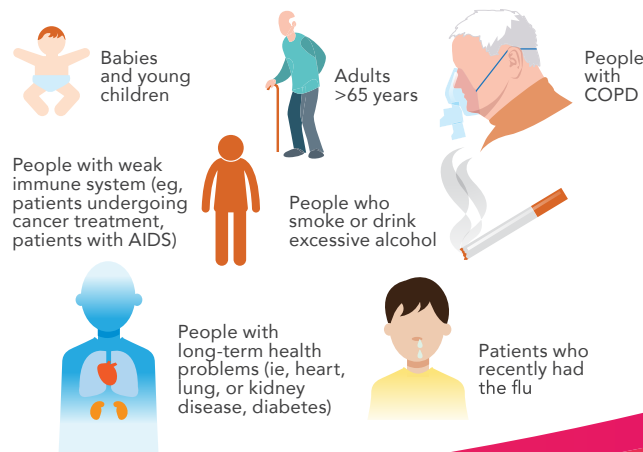


In Singapore, pneumonia is the 2nd principal cause of death and 3rd cause of hospitalization.^{4,12}

Ministry of Health Singapore

Are you at risk?

Who are more at risk of pneumococcal pneumonia?^{3,13}



Influenza increases your risk of pneumonia¹⁵



An influenza infection or the “flu” increases your risk of getting pneumococcal pneumonia, which can be life-threatening.

Getting a flu jab is thus important not only to prevent influenza but also to help protect you against its complications, including pneumonia.

Ask your doctor about whether you need both the flu and pneumococcal vaccines and when best to have them administered.

How can you prevent pneumococcal pneumonia from affecting you and your loved ones?



Healthy lifestyle

Well-balanced diet with exercise can boost your immune system and fight away the disease. Also, abstaining from smoking will greatly help prevent the disease.³



Proper hygiene

Washing of hands and maintaining cleanliness in the household can control spreading of the agents responsible for causing pneumonia.³



Vaccination

Vaccines will strengthen your immune system and prevent progression of the infection.^{3,5}

Have you been vaccinated?

In Singapore, one dose each of the following pneumococcal vaccine is recommended for persons ≥ 65 years:¹⁶

Pneumococcal
Conjugate Vaccine
(PCV13)

FOLLOWED BY

Pneumococcal
Polysaccharide Vaccine
(PPSV23)

Protect the ones you love.

Pneumococcal vaccination for high-risk person is payable by Medisave. Flexi-Medisave (for elderly patients aged ≥ 65 years) can also be used.^{1,2}



References: 1. Ministry of Health, Singapore – List of Outpatient Treatments under Medisave. Central Provident Fund website. https://www.cpf.gov.sg/Assets/members/Documents/Medisave_ListofOutpatientTreatments.pdf. Accessed March 23, 2019. 2. Introduction of Outpatient Flexi-Medisave for the Elderly from 1 April 2015. https://www.healthhub.sg/news/18/news_flexi_medisave_Jan15. Accessed March 23, 2019. 3. Pneumonia. British Lung Foundation Web site. https://cdn.shopify.com/s/files/1/0221/4446/files/FL15_Pneumonia_2016_v4_PDFdownload_3832331b-41f4-473c-a63e-eb6c4e11317c.pdf?9570487300985871361&_ga=2.88185563.1719508796.1542073365-981241831.1542073365. Accessed March 23, 2019. 4. Ministry of Health, Singapore – Principal Causes of Death. <https://www.moh.gov.sg/resources-statistics/singapore-health-facts/principal-causes-of-death>. Accessed March 23, 2019. 5. Pneumococcal infections. NHS website. Available at: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/pneumococcal-infections>. Accessed March 23, 2019. 6. Schranz J. Pneumococcal conjugate vaccines: what do we know and what do we need? *Procedia in Vaccinology* 2009;189-205. 7. Adults: Protect yourself with pneumococcal vaccines. Centers for Disease Control and Prevention (CDC) website. <https://www.cdc.gov/Features/adult-pneumococcal/index.html>. Accessed November 9, 2018. 8. Lung health & diseases: Pneumonia symptoms, causes, and risk factors. American Lung Association website. <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/pneumonia/symptoms-causes-and-risk.html>. Accessed November 9, 2018. 9. Pneumonia key facts – 7 November 2016. World Health Organization website. <http://www.who.int/news-room/fact-sheets/detail/pneumonia>. Accessed November 13, 2018. 10. Pneumonia. National Heart, Lung, and Blood Institute website. <https://www.nhlbi.nih.gov/health-topics/pneumonia>. Accessed November 10, 2018. 11. Know Pneumonia. <https://www.knowpneumonia.com/pneumococcal-pneumonia-risk#Question-one>. Accessed March 23, 2019. 12. Ministry of Health, Singapore – Top 10 conditions of hospitalization. <https://www.healthhub.sg/a-z/health-statistics/8/top-10-conditions-of-hospitalisation>. Accessed March 23, 2019. 13. Pneumococcal disease. Centers for Disease Control and Prevention (CDC) website. <https://www.cdc.gov/vaccines/pubs/pinkbook/downloads/pneumo.pdf>. Accessed March 23, 2019. 14. Corrales-Medina VF, Alvarez KN, Weissfeld LA, et al. Association between hospitalization for pneumonia and subsequent risk of cardiovascular disease. *JAMA* 2015;264-274. 15. Prevention of pneumococcal infections secondary to seasonal and 2009 H1N1 influenza. Centers for Disease Control and Prevention (CDC) website. http://www.cdc.gov/h1n1flu/vaccination/public/public_pneumococcal.htm#. Accessed March 23, 2019. 16. Vaccination guide. Primary Care Pages website. <https://www.primarycarepages.sg/patient-care/epidemiology/vaccination-guide>. Accessed March 23, 2019.



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