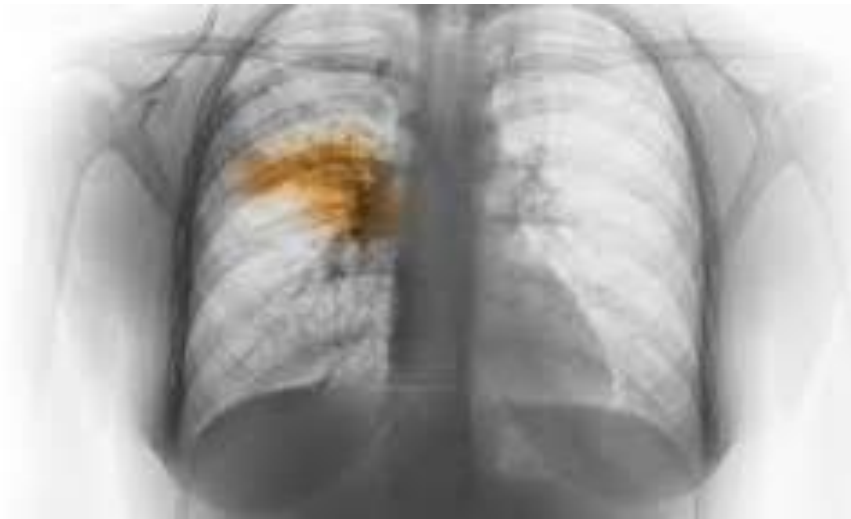


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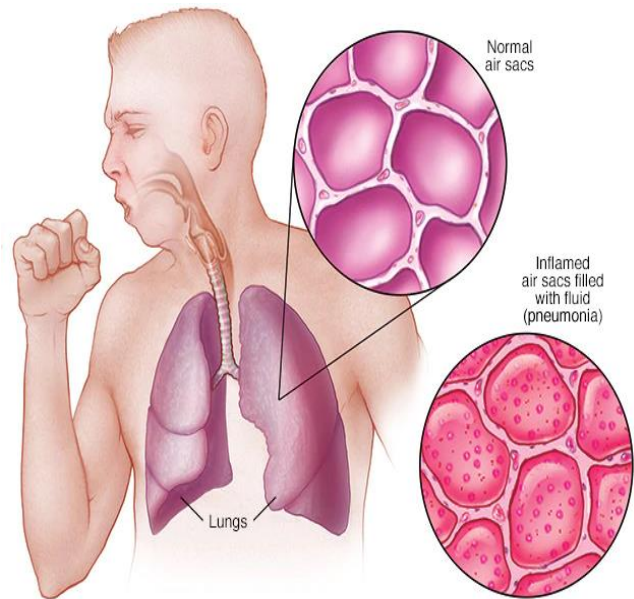
## Pneumonia



By Iñigo Obien

# Description

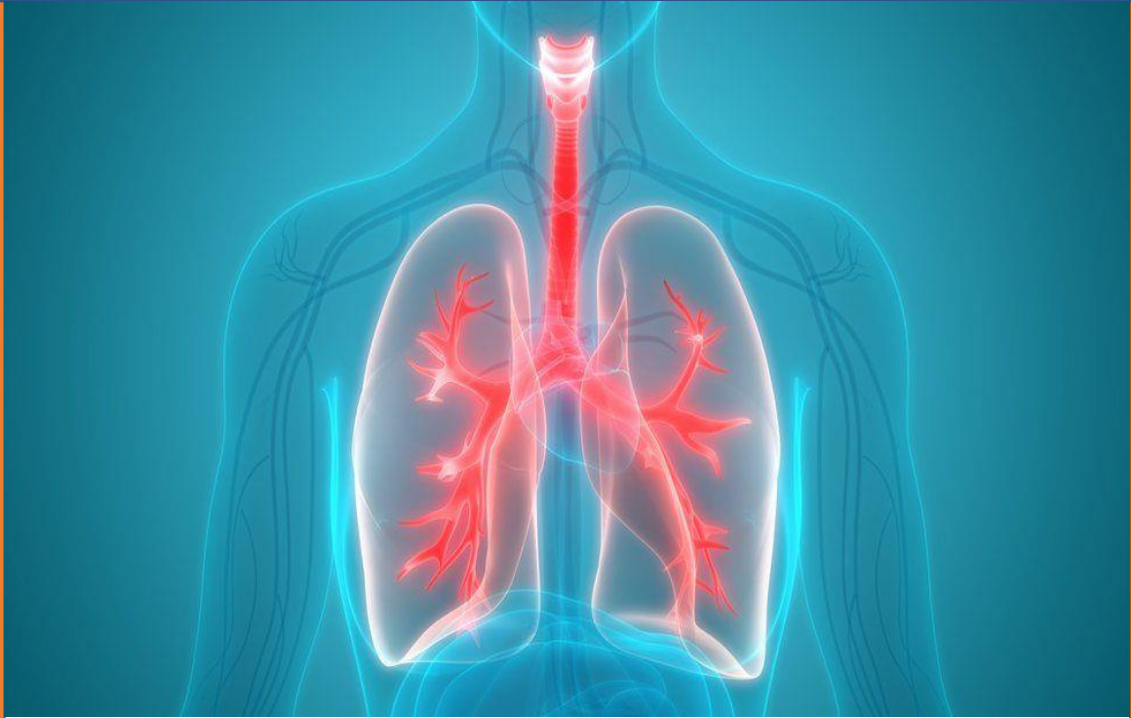
***Pneumonia***, also known as ***bronchopneumonia***, is an infection that affects the lungs. The infection causes the air sacs in the lungs to fill up with fluids and pus (purulent material). The severity of pneumonia is affected by the type of germ, the person's age, and their overall health.



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**Pneumonia is caused by bacteria, viruses, and fungi. Its symptoms include fever, chills, coughs with phlegm, shortness of breath, chest pain, nausea and/or vomiting, and diarrhea.**

# Affected Organs



**Pneumonia primarily affects the lungs in your body. When affected, the tiny air sacs (alveoli) in one or both lungs get inflamed, and are filled with fluids or pus. When you cough, phlegm from the lungs may be coughed out.**

# How it Affects Organs

**When bacteria, viruses, or fungi go into the lungs, it travels to the tiny air sacs called *alveoli*. The alveoli are filled with fluids and pus, which makes breathing painful and limits the body's intake of oxygen.**



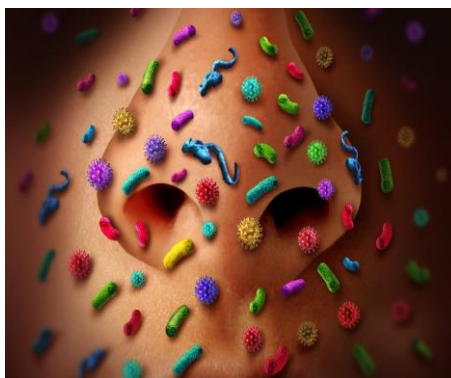
# How One Can Catch It

**Ways that pneumonia can get in our body include:**

- **Bacteria/viruses in the nose could spread to the lungs.**



- **You might breathe in germs that go directly to your lungs.**

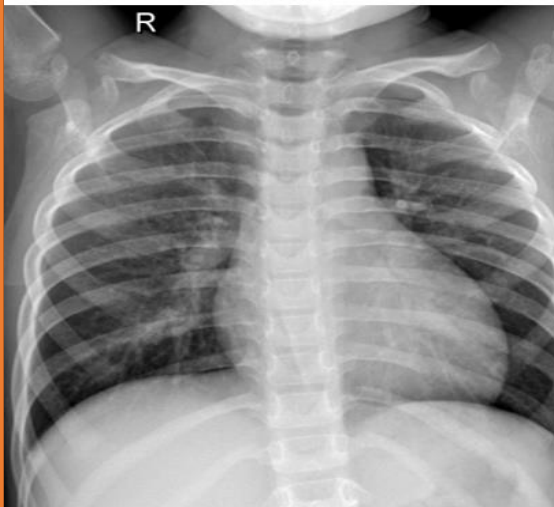


- **You inhale food, fluids, or vomit from the mouth into your lungs.**



# Detection

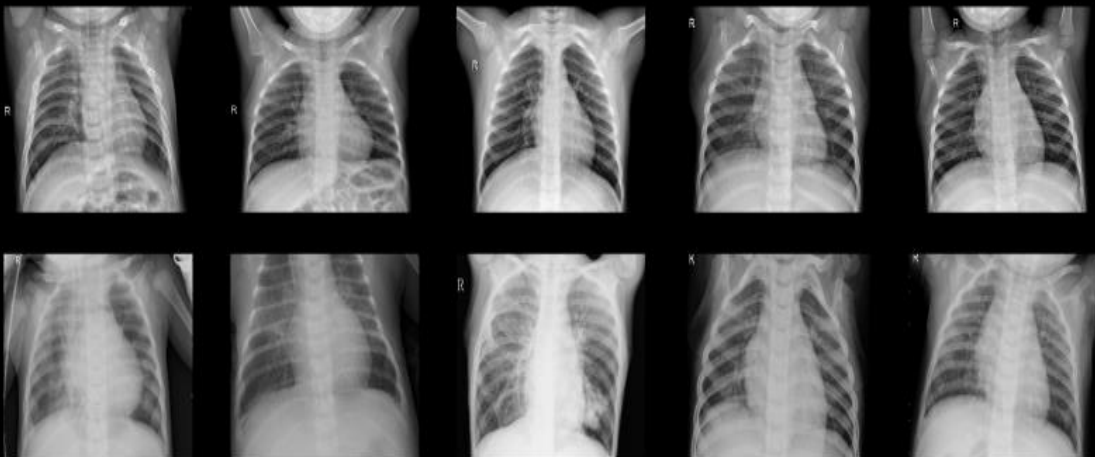
Normal



Pneumonia



**Before determining the type of pneumonia, a doctor would review your medical history, perform physical exams, and do a chest x-ray. After that, he/she would give his/her diagnosis.**





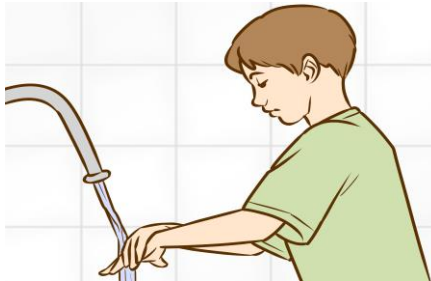
# Prevention

Here are ways to prevent pneumonia:

- **Get a yearly flu vaccine.**



- **Practice good hygiene.**



- **DON'T SMOKE OR VAPE!**



-NO-SMOKING



-NO-VAPING

- **Practice a healthy lifestyle.**



- **Avoid sick people.**



# Treatment



**After receiving your diagnosis, the doctor will help you develop a treatment plan. Your treatment plan is affected by things like the type of pneumonia, how sick you feel, your age, and if you have other health conditions.**

**It is recommended to take medications prescribed by your doctor. If your pneumonia is caused by bacteria, you may need to take antibiotics. If it is viral, you may need antiviral medication.**





# Sources

- <https://www.elcaminohealth.org>
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