

# KNOW PNEUMONIA

## Talk to your doctor

Don't wait. Ask your doctor about the different factors that can increase your risk for pneumococcal pneumonia.

### Here's what you can talk about

Bring this guide with you and discuss your risk with your doctor the next time you visit:

- Your health:** Certain chronic conditions like diabetes, chronic heart disease, or chronic lung disease can increase your risk for pneumococcal pneumonia.<sup>1</sup>
- Medicines you are currently taking:** Individuals taking immunosuppressive medications are also at higher risk, including some medicines that treat psoriatic arthritis, rheumatoid arthritis, Crohn's disease, or ulcerative colitis, among others.<sup>2</sup> Ask your doctor if one of the medicines you take suppresses your immune system.
- Your age:** People aged 65 or above are at higher risk for pneumococcal pneumonia even if they are healthy.<sup>1,3</sup>

### Different pneumococcal vaccines are available in the market.<sup>4</sup>

Your doctor can tell you more. Here are some questions to ask:

- What is pneumococcal pneumonia?
- How do you get pneumococcal pneumonia?
- I'm active and healthy. Do I also need to be vaccinated?

[KnowPneumonia.com.hk](https://www.knowpneumonia.com.hk)

**References:** 1. American Lung Association. Get the facts about pneumococcal pneumonia. Available at: [www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/pneumococcal](https://www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/pneumococcal). Accessed Jul 2023. 2. American Academy of Allergy Asthma & Immunology. Immunosuppressive medication for the treatment of autoimmune disease. Available at: [www.aaaai.org/conditions-treatments/related-conditions/immunosuppressive](https://www.aaaai.org/conditions-treatments/related-conditions/immunosuppressive). Accessed Jul 2023. 3. Centers for Disease Control and Prevention. Pneumococcal disease: Risk factors & how it spreads. Available at: [www.cdc.gov/pneumococcal/about/risk-transmission.html](https://www.cdc.gov/pneumococcal/about/risk-transmission.html). Accessed Jul 2023. 4. 香港特別行政區政府衛生署衛生防護中心. 肺炎球菌疫苗接種常見問題. Available at: [www.chp.gov.hk/tc/features/100770.html](https://www.chp.gov.hk/tc/features/100770.html). Accessed Jul 2023.

The information available on this leaflet is solely intended for educational purpose only and is not intended to replace consultation with a healthcare provider(s) in any manner. Please consult your healthcare provider(s) for any diagnosis and/or treatment. All decisions regarding any diagnosis and/or treatment are to be made by the healthcare provider(s) in consultation with the patient, taking into consideration the unique characteristics of the patient.

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