

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.¹
- ☐ **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.² 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.^{1,3}

Reach out to your healthcare professional for vaccination guidance:

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.pk

References: 1. American Lung Association. Get the facts about pneumococcal pneumonia. Available at: www.lung.org/lung-health-diseases/lung-disease-lookup/pneumonia/pneumococcal. Accessed Jul 2024. 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. Accessed Jul 2024. 3. Centers for Disease Control and Prevention. Pneumococcal disease: Risk factors & how it spreads. Available at: www.cdc.gov/pneumococcal/about/risk-transmission.html. Accessed Jul 2024.

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.

Pfizer Pakistan Limited,
24th Floor, Sky Tower East Wing, Dolmen City,
HC-3, Block-4, Scheme-5, Clifton Karachi, 75600, Pakistan.
Tel: 9221-32200121-5, Fax: 9221-32204454
Web: www.pfizer.com.pk
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