

Pneumonia- Know the Facts

Pneumonia is an abnormal inflammation of the structures of the lungs most often caused by bacteria and viruses. The lungs can become inflamed and infection can spread to the whole body.

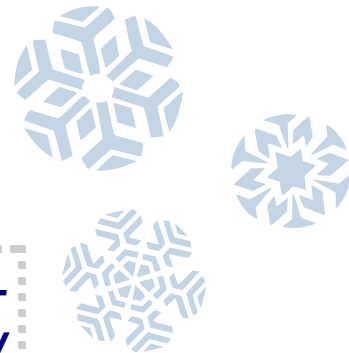
Older adults over the age of 65 are both at a higher risk of developing pneumonia and often have a more difficult time recovering from it. Pneumonia is the fifth leading cause of death in the elderly and the most common cause of death in persons with severe dementia. It can often go unrecognized or seniors may not report the symptoms to their physicians. In general, the more health problems a person has, the more likely that they will develop pneumonia and the more likely it is to be fatal.

Symptoms:

- Coughing producing rust-colored or greenish mucus
- Chest pain
- Profuse sweating
- Shallow, quick breaths
- Quickened pulse
- Fever
- Confusion or even delirium
- Chills/chattering teeth
- Increased body temperature
- Lips may become blue-ish in color due to decreased oxygen in bloodstream
- Muscle pain
- Dry cough to start moving to some mucus with blood in it when more severe
- Headaches
- Weakness

Treatment of Pneumonia:

- Antibiotics
- Respiratory treatment to remove secretions (may include oxygen)
- Coughing and chest pain should not be suppressed with drugs unless approved by a physician as it is usually important to clear the lungs
- Antiviral medications for rare form of viral pneumonia
- Corticosteroids are sometimes used to treat aspiration pneumonia



Local Resource- Distinctive Home Physical Therapy

Distinctive Home Physical Therapy is a unique full service physical therapy clinic covering all areas from Long Island to the Bronx. Their top-notch team of physical therapists will travel to your home and provide the specific care that you need.

Most common geriatric conditions that they see:

- Cardiac and pulmonary diseases
- Stroke rehabilitation
- Coordination and balance difficulties
- Osteoarthritis and rheumatoid arthritis

- Fractures
- Functional limitations related to mobility
- Knee and hip replacement rehabilitation (following total hip replacement surgery or total knee replacement surgery)
- Neck and/or low back pain
 - Osteoporosis
- Sports and orthopedic Injuries
- Parkinson physical therapy

Distinctive Home Physical Therapy accepts a wide-range of insurances, and most patients are fully covered by Medicare. Secondary insurances such as

Empire Blue Cross Blue Shield, Well-Choice, AARP, and United will cover the copayment. They also offer private pay for those who do not have insurance. Call Distinctive Home Physical Therapy for more information:

516-214-8307

<http://www.distinctivept.com>

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