Pneumonia

Pneumonia is an infection of the lungs that is usually caused by bacteria or viruses. Globally, pneumonia causes more deaths than any other infectious disease. However, it can often be prevented with vaccines and can usually be treated with antibiotics or antiviral drugs.

What Is Pneumonia?

Pneumonia can cause mild to severe illness in people of all ages. Signs of pneumonia can include coughing, fever, fatigue, nausea, vomiting, rapid breathing, shortness of breath, chills, or chest pain. Certain people are more likely to become ill with pneumonia. This includes adults 65 years of age or older and children less than 5 years of age. In addition, people who have underlying medical conditions (like diabetes or HIV/AIDS) and people 19 through 64 who smoke cigarettes or have asthma are also at increased risk for getting pneumonia.

Causes of Pneumonia

Encourage friends and loved ones with certain health conditions, like diabetes and asthma, to get vaccinated against the flu and bacterial pneumonia.

You can develop pneumonia or other infections when bacteria, viruses, or fungi living in your nose, mouth, sinuses, or the environment spread to your lungs. You can catch the bacteria or viruses from people who are infected with them, whether they are sick or not.

Reduce Your Risk

Pneumonia can be prevented with vaccines. Following good hygiene practices can also help prevent respiratory infections. This includes washing your hands regularly, cleaning hard surfaces that are touched often (like doorknobs and countertops), and coughing or sneezing into a tissue or your elbow or sleeve. You can also reduce your risk of getting pneumonia by limiting exposure to cigarette smoke and treating and preventing conditions like diabetes, and HIV/AIDS.

In the U.S., there are several vaccines that prevent infection from bacteria or viruses that may cause pneumonia. These vaccines include:

- Pneumococcal,
- Haemophilus influenzae type b (Hib),
- Pertussis (whooping cough),
- Varicella (chickenpox),
- Measles
- Influenza (flu) vaccine.

Article take from the Centers for Disease Control Website
Lyme Disease

Lyme disease is caused by the bacterium Borrelia Burgdorferi and is transmitted to humans by the bite of an infected blacklegged tick. Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful when used appropriately. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics. Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, landscaping, and integrated pest management. The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well.

Article take from the Centers for Disease Control Website

Spotlight on Service

Congratulations! Congratulations to Colleen Kann, PharmD for winning in her category for best research poster on April 14, during the College of Pharmacy Health Sciences Research Week (HSRW) postdoctoral and resident poster competition. Her poster was entitled “Evaluation of Pharmacist Decision Making and Opinions Involving Prescriptions with a High Probability of Causing Patient Harm.” There were a total of 15 posters in the competition which were judged at the University of Iowa, Iowa City. Great job, Colleen!