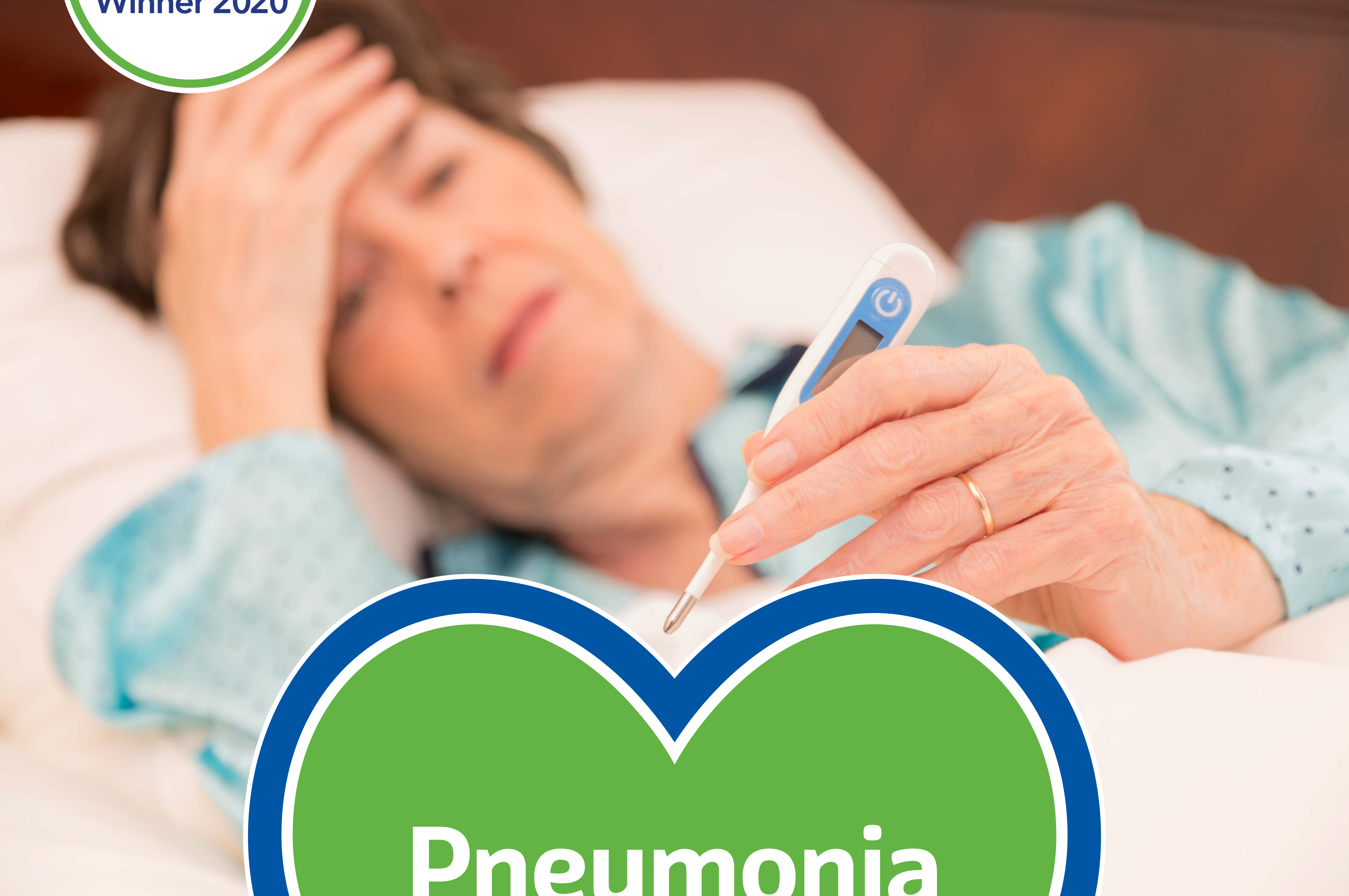




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# Pneumonia



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Call Gary Derbyshire on  
**07419 111 981**  
[g.derbyshire@promedica24.co.uk](mailto:g.derbyshire@promedica24.co.uk)



# What is pneumonia?

Sadly we have lost too many older people to Covid-19 over the last year, but another serious danger is pneumonia which has almost been forgotten since the pandemic.

Pneumonia is an infection that causes the tiny air sacs in the lungs to become inflamed and filled with fluid and pus.

That causes coughing with phlegm or pus, fever, chills, and difficulty breathing.

The cause of the infection could be something as innocent as breathing in an airborne droplet with a microscopic bacteria or virus in it.

Or it could be a tiny piece of food that went down the wrong pipe into the lungs and breeds bacteria.

Some types of pneumonia are contagious and are passed via coughing and sneezing.

Other types of pneumonia are not contagious, like aspiration pneumonia which is caused by accidentally swallowing food or water into the lungs.



## Who is at risk for pneumonia?

There are a handful of factors that increase a person's risk for developing pneumonia.

These include:

- **Age** – people over age 65 and children under the age of 2 are more susceptible.
- **Smoking** – smoking damages the lungs and makes smokers more vulnerable.
- **Certain medical conditions** – adults with suppressed immune systems or chronic illnesses like Heart disease, COPD, and diabetes are at higher risk.
- **Hospitalisation** – breathing assistance (like in the intensive care unit in a hospital) can increase lung exposure to bacteria or virus.
- **Difficulty swallowing** – older adults who experience trouble swallowing due to neurological conditions like Parkinson's, stroke, and dementia are at increased risk of aspiration pneumonia.







# Pneumonia symptoms

Pneumonia can present itself in a variety of ways.  
In mild cases, it may even seem like a long case of the flu.

## Common pneumonia symptoms include:

There are a handful of factors that increase a person's risk for developing pneumonia.

These include:

- Cough (sometimes with phlegm or pus)
- Chest pain when breathing or coughing.
- Fever, sweating, and chills.
- Shortness of breath
- Wheezing, lung crackling sounds (heard with a stethoscope)
- Lowered levels of oxygen in the blood
- Fatigue
- Nausea, vomiting, or diarrhoea

Pneumonia in older people may also cause confusion, increased falls, and difficulty with normal functioning.



Good

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## Now we have reminded ourselves about pneumonia how can we prevent it:

### Quit Smoking

In order to know how to prevent pneumonia naturally, quitting smoking is extremely important. The best way to protect your lungs is to stop smoking and even better if you do not start smoking. Smoking is the main cause of pneumonia, lung cancer and chronic obstructive pulmonary disease (COPD). The risk of lung disease of smokers is 20 times higher than non-smokers.

### Vitamin C Supplementation

Vitamin C supplementation is an effective way on how to prevent pneumonia in children as well as older people. This antioxidant vitamin is very important in supporting the body's immune system. Scientists have shown that taking a large amount of vitamin C can reduce the symptoms of colds and flu. As a result, these conditions also will not get worse and pneumonia will also be reversed.

### Use Garlic When Cooking

Although eating raw garlic seems to be the best, cooked garlic still contains allicin that is thought to be effective against the flu. Garlic boosts the immune system preventing the flu, especially in the winter. Peel and crush or chop a few garlic cloves. Leave it for 15 minutes to allow the enzyme activity to activate the allcins in the garlic. Use 2-3 garlic cloves each meal when you have a cold. You can also try to cook garlic together with vegetables or add garlic to rice when cooking. You can also add chopped garlic into tomato sauce or cheese sauce when you feel better. Add garlic into meat and cook as usual.

### Take Frequent Deep Breaths

Deep inhalation helps to supply O<sub>2</sub> to the entire body. Deep inhalation uses the entire volume of the lungs to oxidize the blood. Although normal breathing is not bad for health, deep breathing helps to bring the

amount of oxygen throughout the body to the highest level. Pay special attention to the diaphragm when inhaling and exhaling deeply. Feel the diaphragm lowered by deep breathing until you feel your abdominal muscles tightening and your diaphragm rising.

Besides, you should also breathe through the nose. The nose works as a filter and allows only very small particles to penetrate. Nose can filter small particles with pollen grains with efficiency up to 100%. Therefore, breathing through the nose is much better than oral breathing. During lockdown I have been a regular attender of their online dementia hubs and one of the many things we do is learn to breathe better.

### Laugh More

This sounds strange when it comes to tips on how to prevent pneumonia natural and you may think what's to laugh about at the moment but laughing can help you a lot in this case. Similar to deep breathing, big laughs help push air out of your lungs, allowing you to breathe in fresh air and provide more oxygen. Laughter also enhances abdominal health and increases lung capacity. This helps you to improve your lung health and prevent pneumonia. So tell a few jokes or put on those old sitcoms and get laughing.

### Cardio Exercises

Aerobic exercise alone will not help your lungs healthier. Even so, cardio-breathing exercises will help the lungs easily supply oxygen to the heart and muscles. Cardio also puts less pressure on the lungs so that the lungs can perform its function without too much activity. A minimum of 30 minutes of intense cardio workout of 5 days a week or more to maintain cardiovascular and lung health.







### **Change Your Diet**

No wonder, to know how to prevent pneumonia naturally, you need to know the right diet to plan. Studies show that diets rich in fruits, vegetables and fish are beneficial for the health of the lungs.

This is especially true for people with pneumonia, asthma, COPD and other lung diseases. A 2010 study proved that diets which are high in cabbage, broccoli, and kale can reduce the risk of pneumonia.

### **Keep The Nose Well Ventilated**

Allergies and many other illnesses can cause a blocked nose. Nasal congestion means you are 100% directly exposed to germs and pulmonary contamination due to breathing through the mouth. Oral breathing can cause diseases such as pneumonia, asthma or other complications of the lungs to become worse, or even cause lung complications. You can treat common allergies with antihistamines or other congestive remedies to keep your nose clean. On the other hand, a nose that is too dry due to illness can also reduce the ability of the nose to filter the air. Therefore, consider using humectants or a nasal spray to provide moisture to the nose, which will help to filter the air you breathe better.

### **Drink A Lot Of Water**

This is another must-try treatment in this list of tips on how to prevent pneumonia naturally. In addition to other positive effects, drinking plenty of water is good for the lungs. Water supply helps to keep the lining of the lungs thin, so that the lungs can perform more efficiently. As a result, pneumonia is also repelled.

As you know, flu virus is one of the causes of pneumonia. Flu can cause fever that makes your body dehydrated so it is important to drink plenty of fluids. Drink hot water like tea or lemon juice. It not only provides water to the body but also helps the throat soften and clean the sinuses. Limit drinks with caffeine, alcohol and soda. Choose water that helps restore the body's nutrients and minerals, not exhausting them. You can also drink hot soup. You may feel nausea and anorexia when you get the flu.

Drinking soup or hot soup is the best way to put food into your body without disturbing your stomach.

Studies have shown that chicken soup can reduce the inflammation occurring in the respiratory tract, so if you feel well enough, you should eat one to two bowls of chicken soup, which will be good for the body. If you get nausea, you may lose electrolyte balance. Use some rehydration products, such as Oresol (available at the pharmacy) or sports drinks that can provide electrolytes to restore your body. You need to pay particular attention to the treatment of the flu to prevent pneumonia.

### **Avoid Exposure To Outdoor Air Pollution**

Avoiding exposure to outdoor air pollution is a must-know tip on how to prevent pneumonia in child and the elderly naturally.

Although it is almost impossible to avoid exposure to CO2 and common air pollutants, you can limit their exposure. You can search for air quality information in the city where you live before planning outdoor activities. Ozone (O3) is a gaseous pollutant, and summer weather can cause O3 and other pollutants to build up in the air. Because of this phenomenon, you need to be careful about the quality of the air from the end of spring to the hot summer months.

Avoid areas prone to traffic jams. For people living in large cities, people often walk or bike on jams easily as a form of exercise. Exhaust emissions from vehicles and other pollutants can be harmful to the lungs, especially when you have to breathe through the mouth during intense exercise. This causes the natural filtration of the nostrils cannot take place. Find out the forecast of air pollution to determine the air quality in your area.





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