

# Learn About 8 Potentially Serious Diseases That Affect Adults

## What have you done to protect yourself?

	HOW DO I CATCH IT?	WHAT ARE THE SYMPTOMS?	IS THIS SERIOUS?
 <p><b>FLU (INFLUENZA)</b> A respiratory illness caused by the flu virus</p>	<p>The flu is spread through droplets from coughing or sneezing, or by touching a surface that has flu on it and then touching your nose, mouth, or eyes.</p>	<p>Symptoms include:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Muscle aches</li> <li>• Physical weakness</li> <li>• Sore throat</li> <li>• Runny nose</li> <li>• Cough</li> <li>• Headache</li> </ul> <p>Symptoms can typically last up to 5 days.</p>	<p>A complication of the flu is pneumonia (an infection of the lungs).</p> <p>In rare cases, the flu can be fatal. One group at higher risk are adults aged 65 years and older.</p>
 <p><b>PNEUMOCOCCAL PNEUMONIA (PNEUMOCOCCAL DISEASE)</b> A disease caused by <i>Streptococcus pneumoniae</i> bacteria</p>	<p>Pneumococcal bacteria are spread through droplets from coughing and sneezing.</p>	<ul style="list-style-type: none"> <li>• Fever that starts suddenly</li> <li>• Shaking chills</li> <li>• Chest pain, when breathing in and out</li> <li>• Cough that produces rusty-colored phlegm</li> <li>• Shortness of breath</li> <li>• Weakness</li> </ul>	<p>In at least 1 out of every 4 cases, pneumococcal pneumonia can be accompanied by an infection of the blood (pneumococcal bacteremia). Fatal cases are more common in patients with advanced age.</p> <p>Other complications include infection of the linings of the lungs and the heart.</p>
 <p><b>WHOOPING COUGH (PERTUSSIS)</b> Respiratory illness caused by <i>Bordetella pertussis</i> bacteria</p>	<p>Whooping cough is spread through droplets from coughing.</p> <p>Often, older adults spread the disease to children.</p>	<ul style="list-style-type: none"> <li>• Starts off with mild, cold-like symptoms</li> <li>• Turns into frequent, rapid coughs, accompanied by a “whooping” sound. This is thought to be caused by the effort in trying to inhale after having difficulty coughing up thick mucus</li> </ul> <p>The paroxysmal stage can last up to 10 weeks. The disease itself can last anywhere from weeks to months.</p>	<p>The most common complication is bacterial pneumonia. Persistent cough may also result in sleeplessness, exhaustion, and in some cases, rib fracture.</p>
 <p><b>SHINGLES (HERPES ZOSTER)</b> A painful skin rash caused by the herpes zoster virus</p>	<p>If you’ve ever had chickenpox, the virus can reactivate in your body and cause shingles.</p> <p>Older adults are at a higher risk.</p>	<ul style="list-style-type: none"> <li>• A band-like rash, most often appearing on one side of the chest or back</li> <li>• Pain can occur up to 4 days before the rash appears. The pain is typically localized to where the rash will appear</li> </ul>	<p>The most common complication is pain at the site of the rash known as postherpetic neuralgia or PHN. Pain of PHN may be severe and last for several months after the rash disappears.</p>

See next page to learn about other diseases that impact adults

# Learn About 8 Potentially Serious Diseases That Affect Adults (continued)

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 <p><b>HPV</b> Human papillomavirus (HPV) is a virus that causes certain cancers and diseases in both males and females</p>	<p>HPV is spread through direct contact, usually sexual, with a person who has HPV.</p>	<p>Most HPV infections do not cause symptoms and clear on their own.</p> <p>Some people may get warts in the genital area.</p> <p>Women may be found to have abnormalities on Pap testing.</p>	<p>Serious consequences can include:</p> <ul style="list-style-type: none"> <li>• Cervical cancer</li> <li>• Vulvar cancer</li> <li>• Vaginal cancer</li> <li>• Anal cancer</li> <li>• Head and neck cancer</li> </ul>
 <p><b>MENINGOCOCCAL DISEASE</b> An illness that includes infection in the lining of the brain and spinal cord; and bloodstream infections. It is caused by <i>Neisseria meningitidis</i> bacteria</p>	<p>Meningococcal disease is spread from person to person through spread of droplets from the nose or throat.</p>	<ul style="list-style-type: none"> <li>• Sudden high fever</li> <li>• Stiff neck</li> <li>• Severe headache with nausea and vomiting</li> <li>• Confusion or difficulty concentrating</li> <li>• Sensitivity to light</li> </ul>	<p>Serious consequences can include:</p> <ul style="list-style-type: none"> <li>• Failure of bodily organs</li> <li>• Death</li> </ul> <p>About 1 out of 5 people who survive meningococcal meningitis suffer permanent injury (hearing loss, brain damage, or the loss of a limb).</p>
 <p><b>HEPATITIS B</b> A disease of the liver caused by the hepatitis B virus</p>	<p>Hepatitis B spreads from person to person through bodily fluids, like blood and semen (eg, through sexual contact or IV drug use).</p>	<p>Symptoms of acute infection include:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Abdominal pain</li> <li>• Joint pain</li> <li>• Loss of appetite</li> <li>• Nausea and vomiting</li> <li>• Fatigue</li> <li>• Yellowing of the skin</li> </ul>	<p>If it becomes chronic, hepatitis B can increase your risk of developing liver damage, liver failure, or liver cancer—which can be fatal.</p>
 <p><b>HEPATITIS A</b> A disease of the liver caused by the hepatitis A virus</p>	<p>People are usually infected with hepatitis A by eating or drinking contaminated food or water or through close contact with a person who has hepatitis A.</p>	<ul style="list-style-type: none"> <li>• Fever</li> <li>• Nausea</li> <li>• Abdominal pain</li> <li>• Loss of appetite</li> <li>• Dark urine</li> <li>• Yellowing of the skin</li> </ul>	<p>Most people recover on their own in a couple of months, but hepatitis A can occasionally lead to liver failure.</p>

Speak with your pharmacist about your risk for these diseases