Common Causes of Pneumonia: Adults (18 - 40 Years Old)

Pneumonia is an acute or chronic lung condition defined as inflammation of the alveoli or filling of the alveoli with fluid. It is usually caused by bacteria, fungi, viruses and sometimes by physical and chemical irritants. It typically presents with fever, chest congestion, difficulty breathing, cough and sputum. In adults ages 8-40 years, common causes of pneumonia include Mycoplasma, Chlamydia pneumoniae and Streptococcus pneumoniae.



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Mycoplasma
Mic-plasma
Also known as walking pneumonia, the bacterium Mycoplasma causes an atypical pneumonia. Unlike typical pneumonia, this form lasts longer, lacks sputum and has extra-pulmonary symptoms. There are frequent outbreaks of Mycoplasma pneumonia in people living in close quarters, such as military recruits and in prisons. This bacteria is one of the common causes of pneumonia in individuals ages 4 weeks to 65 years.

Streptococcus pneumoniae
Stripper Nude-Mona
This gram positive, langet shaped, alpha hemolytic, optochin sensitive, bile soluble, diplococci presents as a typical pneumonia except for the identifying symptom of rusty colored sputum. It is one of the common causes of pneumonia in everyone >4 weeks of age.

Chlamydia pneumoniae
Clam Nude-Mona
This bacteria causes an atypical pneumonia that is usually milder. Patients present with a short lived fever, and cough with little sputum production that may persist for several weeks.

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