Common Causes of Pneumonia: Middle-Aged Adults (40 - 65 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 middle-aged adults, common causes include Streptococcus pneumoniae, Haemophilus influenzae, anaerobes, viruses, and Mycoplasma.

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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.

Mycoplasma

Mic-plasma

Also known as walking pneumonia, this bacterium causes an atypical pneumonia that 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.

Haemophilus influenzae

He-Man In-flute

This gram negative coccobacilli is a common pathogen of typical pneumonia.

Anaerobes

Ant-robes

Bacteria that cannot survive in the presence of oxygen can cause pneumonia through aspiration. Some examples of anaerobes that cause pneumonia through aspiration are Peptostreptococcus, Fusobacterium, Prevotella, and Bacteroides.

Viruses

Viruses

Influenza type A and B are the most common viral causes of pneumonia in adults ages 40-65.

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