



Silent Pneumonia

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It is called also Walking Pneumonia or Atypical Pneumonia. Walking pneumonia is a milder form of Pneumonia, Pneumonia is an illness which is a lung infection that makes the airways swell, the air sacs in the lungs fill with mucus and other fluids, a high fever and a cough with mucus, but in walking pneumonia, the patient might be well and can walk around as usual without realizing having pneumonia.

Why is it significant?

It is usually not as severe as the normal Pneumonia, but its importance comes from that if it is left untreated can cause complications as heart diseases and disorders of the nervous system.

Who is more susceptible to get walking Pneumonia?

Anyone can get walking pneumonia, but it is more common in:

- Age 2 or younger.
- Age 65 or older.
- immunocompromised patient or who are on immunosuppressant treatment.
- Patients with (COPD).
- Asthmatics
- Patients with Emphysema.
- People who live or work in crowded places.
- Smokers.

Its types:

- Bacterial.
- Viral.
- Fungal.

Is Silent Pneumonia common?

Talking frankly, it is common. Walking pneumonia can occur at any time of the year. However, it occurs most often during the fall and winter.

Is it infectious?

Walking pneumonia is very infectious. When someone who has it coughs, sneezes or talks, droplets containing the disease can infect others, it is also contagious during the incubation period that is usually 2-4 weeks.

Clinical Picture:

Its symptoms include:

Sore throat, chills, tiredness, chest pain, low grade fever, cough, sneezing and headache.

Signs:

On auscultation, the health professional may find abnormal breath sounds or crepitations, there might be also dullness on percussion.

Diagnostic Measures:

CXR, CT chest might be required if the CXR is not conclusive.

Blood investigations .

Management and Treatment:

It depends on the cause, if bacterial pneumonia is suspected, antibiotics can be prescribed as:

- Macrolide
- Fluoroquinolones.
- Tetracyclines.

If there is fever, NSAIDs can also be prescribed

Usually silent pneumonia does not require hospitalization.

Prognosis:

Symptoms may last from four to six weeks. Cough is usually the last symptom to disappear.