

Drew Levinson (CBSnews correspondent): It's a potentially life-saving shot⁽¹⁾ we own.

Dr Cahill: I had not heard of it. We do have a vaccine that protects against one of the most common strains⁽²⁾ that causes pneumonia.

Levinson: Just like it sounds, it's a shot to prevent pneumonia. The vaccine is not for everyone but millions should get it including babies and seniors.

David Holbrook: When I turned 65, my doctor recommended and urged⁽³⁾ me to have a pneumonia shot.

Levinson: This shot can stop a couple of dozen strains of bacteria that can cause pneumonia and prevention is key. Every year this leads to about 175,000 people going to the hospital, and thousands of deaths as well.

So the vaccine is recommended for anyone 65 and older or 2 and younger. Also patients with a long-term health condition, like heart disease or diabetes. And people with a weakened⁽⁴⁾ immune system should also get the shot, including cancer and HIV patients.

Dr Cahill: If your doctor doesn't mention it you should. You know, take it upon yourself to say Hey, am I at risk? Should I be vaccinated?

Levinson: St Luke's Roosevelt's Dr John Cahill says. Unfortunately, the people who need it don't get it.

Dr Cahill: It's a simple measure, it's well tolerated. For me there's not reason not to do it, particularly if you're at high risk.

Levinson: And unlike the flu⁽⁵⁾ shot, it's not something you have to get every year. One pneumonia vaccination lasts five years.

Drew Levinson, CBSNews, New York.

Lexical helpline:

1. **a shot:** an injection of a medication or vaccine, a jab (GB)
2. **a strain:** a subgroup of a species of organisms that show particular characteristics
3. **urge (v):** encourage, push to act
4. **weakened:** made less strong
5. **(the) flu:** influenza