



CCM Newsletter

Vaccinations

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REMINDER:

As a member of CCM, the special Chronic Care Management phone number is available for your personal use.

Vaccinations

What they are and why you need one

After the age of 65 years, your immune system does not work as well as it used to work. Vaccines can prevent certain serious or deadly infections. They work by teaching the body how to fight the germs that cause infections. The vaccines you need are given in shot form. Getting vaccinated can help keep you from getting sick with certain infections. Plus, being vaccinated helps protect the people around you from getting sick.

Vaccines for adults over the age of 65 years

- **Flu (Influenza) High Dose:** Every year in the fall
- **Pneumonia:** Prevnar 13 is given 1 dose at age 65 years
- **Pneumonia:** Pneumovax is given 1 dose, one year after Prevnar
- **Tetanus and Diphtheria, Pertussis:** 1 dose Tdap then Td booster every 10 years
- **Shingles:** 2 doses given 2 months apart of **the new shingles vaccine**



FLU

What is it?

- An infection that can cause fever, cough, body aches, and other symptoms
- The most common type of flu is the "seasonal" flu
- There are different forms of seasonal flu, for example, "type A" and "type B"
- All forms of the flu are caused by viruses.
- The medical term for the flu is "influenza"

Prevention

- Wash your hands often
- Stay away from people you know are sick
- Get the flu vaccine every year – Some years the flu vaccine is more effective than others
 - Even in years it is less effective, it still helps prevent some cases of the flu
 - It also helps to keep you from getting **severely** ill if you do get the flu

Pneumonia

What is it?

- An infection of the lungs that may cause coughing, fever, trouble breathing, pain when you take a deep breath, a fast heartbeat, shaking, and/or chills
- It is a serious illness, especially in young children, people older than 65, and people with other health problems
- Pneumonia is usually caused by bacteria but can also be caused by viruses or other germs

Prevention

- Wash your hands often with soap and water, or use alcohol hand rubs. Doing so will help protect you from germs
- Having the flu can cause pneumonia so get your flu vaccine every year
- Get your pneumonia vaccines
 - The vaccines we give cover many strains of a *specific type of bacterial* pneumonia which can be common and *dangerous*
 - You can still get other types of pneumonia

Herpes Zoster (Shingles)

What is it?

- Shingles is a *painful* rash with blisters
- Can affect people of all ages, but is most common in those older than 50
- Shingles is caused by the same virus that causes chickenpox
 - After someone has chickenpox, the virus sometimes hides out, "sleeping" in the body
 - Years later, it can "awaken" and cause shingles
 - The *first* time a person is infected with the virus, he or she gets chickenpox, not shingles
 - It is not possible to "catch" shingles from someone who has the rash
- You *probably* will **not** catch the virus (or get chickenpox) if you:
 - Had chickenpox, the chickenpox vaccine, or shingles in the past
 - Were born in the U.S. before 1980 (most people born before 1980 have had chickenpox even if they don't remember it)

Prevention

- If you have *never* had **chickenpox** or the **chickenpox vaccine**, be careful around anyone with shingles
 - Do not touch their rash
 - If you do, you could get sick with *chickenpox*
 - People can get chickenpox from just being near someone with shingles, but this is *rare*
 - It usually occurs if that person cannot fight infections well
- Get the 2-dose shingles vaccine *even if you have had the 1-dose vaccine*

Tetanus, Diphtheria, Pertussis

What is it?

- **Tetanus** is a serious infection that causes muscle stiffness and spasms
 - Sometimes called "lockjaw" because muscle spasms can clench the jaw shut
 - Caused by bacteria (germs) that live in the soil
 - Get into your body through a cut or scrape
- **Diphtheria** is a serious infection that causes a thick covering in the back of the throat
 - Can lead to breathing problems, heart problems, muscle weakness from nerve problems, and non-healing rashes
 - A bacteria spread by cough, sneeze or touching something contaminated with the bacteria
- **Pertussis**
 - Sometimes called "whooping cough" because of the distinct "whoop" sound some people make when breathing in after a coughing attack
 - A bacteria that easily spreads from person to person
 - It is especially dangerous for babies (including *grand*babies, your nieces, or nephews)

Prevention

Tetanus

- Wash cuts or scrapes with soap and water and use antibiotic ointment on them. See a doctor or nurse if you cannot get all the dirt out or cannot see all the way into the wound
- Use clean, new needles if you inject medications
- Get a tetanus vaccine
- Get regular tetanus (Td) booster shots
 - Adults should get tetanus booster shots every 10 years
 - For bad wounds, you will need to get a tetanus booster shot if you haven't had one in the last 5 years

Diphtheria

- Minimize your exposure to someone coughing and sneezing
- Wash hands frequently
- Td booster every 10 years

Pertussis

- Minimize your exposure to someone coughing
- Get at least one Tdap (Tetanus, Diphtheria, Pertussis) booster as an adult
- If you are unsure if you have had the Tdap booster, get one now