

With Few Exceptions... Flu Shots & Other Vaccines are Right for You!

Fall arrives this month and with it the promise of a dip in temperature, football and pumpkin spiced beverages. Unfortunately, it's also the beginning of flu season. While the season typically runs from October through May, it takes the vaccine approximately two weeks for protection to develop.

There is no live flu virus in the shot, therefore the vaccine cannot cause the flu. It is recommended for all adults except for those with severe, life-threatening allergies and anyone with a history of Guillain-Barré Syndrome.

Other Adult Vaccines

Pneumonia – This vaccine is recommended for adults ages 65 and older. For those with lung conditions such as asthma or COPD and those with weakened immune systems, the Pneumococcal 23 vaccine is recommended for those before age 65. The Pneumococcal 13 vaccine is a newer vaccine designed to supplement the Pneumococcal 23 by including protection against different strains of the

pneumococcal bacteria. At least one year should pass between the administration of these vaccines.

Tetanus - There are two versions: the Td booster includes a vaccine against tetanus and diphtheria and the Tdap adds a vaccine against pertussis (commonly known as whooping cough). Adults should receive a tetanus booster once every 10 years and all should receive the Tdap vaccine once during adulthood.

Shingles - The vaccine against Herpes Zoster (shingles) is recommended for adults age 60 and older. The vaccine does not provide absolute protection against shingles. However, if a case of shingles develops after the vaccine has been administered, it will likely be less severe.

Hepatitis - There are vaccines available for Hepatitis A and Hepatitis B. The Hepatitis A vaccine is recommended for adults who are traveling to areas of the world where Hepatitis A is prevalent and

for those with chronic liver disease. The Hepatitis B vaccine is recommended for adults who did not receive the vaccine as a newborn, for those who work in the healthcare field, diabetics age 19-59, those with chronic liver or kidney disease or those traveling to areas of the world with high rates of Hepatitis B.

The American College of Physicians reminds us that each year more than 30,000 Americans die because they did not get needed vaccines. Vaccines are safe and they also help protect people around you!

Thunderbird Internal Medicine encourages all patients to get the flu vaccine which is now available at our Phoenix office and at our C-1 and F-1 Glendale locations on a walk-in basis anytime the offices are open (including Saturdays from 8 am – 1 pm at the F-1 location). No appointment is needed.

Flu shots are \$40 for cash pay patients and we are happy to bill insurance for existing patients.

Dermatology Services End Oct. 6th

As of October 6th, Thunderbird Internal Medicine will no longer offer dermatology services. We wish Mariel Bird, D.O. the best on her move out of state. Her existing patients have been notified by mail and provided with a list of local dermatologists she recommends and other key information.

For Thunderbird IM patients who were scheduled for first time visits after October 6th and whose insurance requires a referral or authorization to see a new dermatologist, please notify our referral department by sending a message through your patient portal or by calling us at 602-564-6257. Should you need your medical records transferred to another dermatologist (or released directly to you or another authorized person), complete the transfer of records link found on ThunderbirdIM.com under Patient Info.

LOCATIONS

Thunderbird Internal Medicine – Glendale
5620 W. Thunderbird Rd #C-1, #F-1 & #G-2
Glendale, Arizona 85306

Thunderbird Internal Medicine - Phoenix
9150 W. Indian School Rd #118
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