

Measles Vaccine Recommended for Everyone *By Christina Szabo, ANP-C*

If you're wondering what all the fuss is about when it comes to the measles, it might help to know that it's one of the most contagious diseases in the world. This virus spreads by direct contact with airborne respiratory droplets meaning that you can catch measles just by being in a room where a person with measles has been.

Most Americans are immune thanks to proper vaccination. In fact, measles was considered eradicated in the United States as of the year 2000 due to a successful vaccination program. However, the current outbreak in the U.S. is caused by the decision not to vaccinate children due to a fear of all vaccines or of a reaction due to egg allergy. While most of those with the illness recover without any complications or long-term effects, this disease can cause complications in

pregnant women, the young, the old and those with a compromised immune system.

Measles symptoms range from uncomfortable to very serious. It starts with an increasing fever, coughing, runny nose and eye redness followed several days later by a rash that usually starts on the head and spreads to the rest of the body. Fever can persist, reaching extremely high temperatures. The rash can last for up to a week, and coughing can last about 10 days.

According to the Centers for Disease Control and Prevention, for every 1,000 children who get measles in a developed country like the United States, 1 to 3 of them die, despite the best treatment. Even as recently as the period between 2001 to 2010, an average of 1 out of every 4 people in the United States who got measles had to be hospitalized.

Knowing the severity of this disease, it's clear that one's decision about vaccinating their child can have severe impacts on others. And a note to the allergic, the vaccine is now believed to be safe for those with an egg allergy.

It is recommended that all individuals receive at least one dose of the Measles-Mumps-Rubella vaccine (MMR) in their lifetime. Two doses are ideal and recommended for those at high risk of contracting the disease, such as healthcare workers. Measles is contagious for about four days before and after symptoms develop so play your part in eliminating the risk and talk to your provider if you have any questions about your immunity or possible symptoms.

Practice Receives Service Award

For the fourth straight year, Thunderbird Internal Medicine has earned the Angie's List Super Service Award, an honor awarded annually to approximately 5 percent of all the companies rated on Angie's List. Award winners have met strict eligibility requirements, including earning a minimum number of reports, an excellent rating from their customers and abiding by Angie's List operational guidelines.

"We're honored that so many patients took the time to share their experiences with other Angie's List members," said Thunderbird IM's CEO Brian Riveland, MD. "Being among the leaders in customer service shows a commitment from every provider and support staff member and results in the best possible experience for our patients."



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
Phoenix, Arizona 85037