



## Take a Lesson from Children and Keep Updated with Vaccinations

By Robert Swierupski, MD

### Influenza vaccine

The *influenza vaccine* is recommended for all adults. The formulation of the vaccine changes each year and, therefore, should be administered annually. Contrary to popular belief, the flu shot does not cause the flu!

### Td vs. Tdap

There are two versions of the “tetanus shot” available. The Td booster includes a vaccine against tetanus and diphtheria. 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. All pregnant women should receive the Tdap during the third trimester. Those who will have close contact with newborns should be up-to-date with their Tdap vaccine because whooping cough can be life threatening to infants.

### Pneumococcal 23 vs. Pneumococcal 13

The “pneumonia shot” is recommended for any adult at age 65. The Pneumococcal 23 vaccine may be

administered before age 65 in adults who have conditions involving the lungs, such as asthma or COPD. Also, patients with conditions which weaken the immune system are candidates for the Pneumococcal 23 vaccine prior to 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.

### Zoster Vaccine

The vaccine against Herpes Zoster (shingles) is recommended for adults age 60 and older. Those who receive the zoster vaccine have a decreased risk of developing shingles. 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 Vaccines

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. It is also recommended for those with chronic liver disease. The Hepatitis B vaccine is currently recommended for all newborns. However, many adults did not receive the vaccine because the recommendation for newborn vaccination is fairly new. The Hepatitis B vaccine is recommended for many adults, including people 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.

Vaccines are a very important part of preventing serious illnesses in the adult population. Ask your primary care provider which vaccines are recommended for you.

While our children are reminded by school and camp requirements to be updated with their vaccinations, adults rarely receive the same attention. Since it is just as important for adults on their preventive medicine, here are vaccine recommendations for adults.

## Thanksgiving Holiday Hours

You probably don't need us to tell you that the average *Thanksgiving Day meal* comes in at more than twice our average daily calorie intake and more than three times our average daily fat intake! But thankfully, the weather should be great so a long walk (or jog) won't be out of the question. Should you need us on Thanksgiving weekend, please know that our offices will be closed on Thursday, November 24th but we will see patients on an urgent care basis on Friday the 25th at our Phoenix, Glendale #C-1 and #F-1 locations. From all of us at Thunderbird Internal Medicine, we wish you a safe and healthy Thanksgiving holiday.

### LOCATIONS

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