

# Health Check

J U L Y 2 0 1 4

 Kelsey-Seybold Clinic

Your Doctors for Life

## Adults need immunizations, too!

Parents are diligent about getting their children immunized, but often forget that immunizations are just as important for adults. Many adults are unaware that immunity from vaccines or illnesses they had as kids may no longer protect them.

### 7 recommended adult immunizations

After considering a patient's overall health situation, I generally recommend the following immunizations for vaccine-preventable illnesses:

1. Tetanus, diphtheria, pertussis (Tdap) vaccine followed by booster tetanus shot every 10 years. Tetanus booster shots now include a booster for pertussis. There's been a recent resurgence of pertussis (whooping cough). The U.S. Centers for Disease Control and Prevention (CDC) recommends adults and children be vaccinated for pertussis, especially those in contact with newborns.
2. Hepatitis A and B vaccines for adults with immune deficiencies, occupational exposure or who travel abroad.
3. Human papillomavirus (HPV) vaccine for both genders ages 9 through 26 years.
4. Measles (MMR) shot if born after 1957.
5. Pneumonia shots for smokers or anyone with chronic health problems such as diabetes and asthma.
6. Zoster (shingles) vaccine if 60 and older.
7. Seasonal flu shot as it becomes available each year.

Vaccinations help protect your family and community from contagious diseases. Ask your family doctor to review your immunization record and bring you current with appropriate vaccinations. If you're pregnant or have a compromised immune system, your physician will follow guidelines specific to your condition.



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