



CENTER FOR FAMILY HEALTH, LLC

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RECOMMENDED ADULT IMMUNIZATIONS:

FOR PATIENTS OVER 65 YEARS OLD AND IN PATIENTS LESS THAN 65 YEARS OLD WITH ANY CHRONIC MEDICAL CONDITION (e.g. Asthma, Emphysema, Coronary Artery Disease, Stroke, Diabetes, Renal Failure, etc)

- (1) **Influenza (flu) Vaccine** - once a year
- (2) **Pneumovax Vaccine** once after age 65 but every 5 years if have chronic medical condition (this does not protect against all pneumonias – only pneumococcal pneumonia which is caused by a virulent (tough-to-kick) bacteria. Jim Henson, creator of Sesame Street Muppets died of this pneumonia after only being sick for 3 days).
- (3) **Adacel Vaccine** - every ten years (this is a combo vaccine with protection for tetanus, diphtheria, and pertussis/whooping cough) – n.b. Medicare does not cover for this vaccine – the cost is about \$75

ZOSTAVAX = shingles vaccine to anyone over 60 years old

(In 2012 FDA announced that it should be given to anyone over 50 years old **BUT** some insurance will only cover those over 60 years old).

Shingles = Herpes Zoster = is actually the chicken pox virus waking up. When chicken pox goes away, it doesn't really go away – it lies dormant in our spine and for some reason reawakens at some future time along a dermatome (derm = skin, tome = level that the nerve serves). Therefore the shingles rash is only on one-half of the body and only one part of the body.

Zostavax is actually a concentrated Varicella Vaccine (= the chicken pox vaccine we given 12month old babies) – we are boosting our chicken pox antibodies to keep the virus lying dormant in the spine.

ZOSTAVAX is a live attenuated (weaken) vaccine. You must not be sick when you get this.

CFFH does not stock this vaccine: you need to go to a pharmacy that has a certified pharmacist. We will give you a written Rx for Zostavax AND you give it to your pharmacist who can check if it is covered when they put it through their computer.

NOT ALL INSURANCES COVER FOR IT:

It is expensive, about \$200, some insurance cover the full amount, some have you pay \$75, and some do not cover for it at all.