

Staying Healthy

- Lucyann M. Sciandra D.O.

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Disclosures

- None

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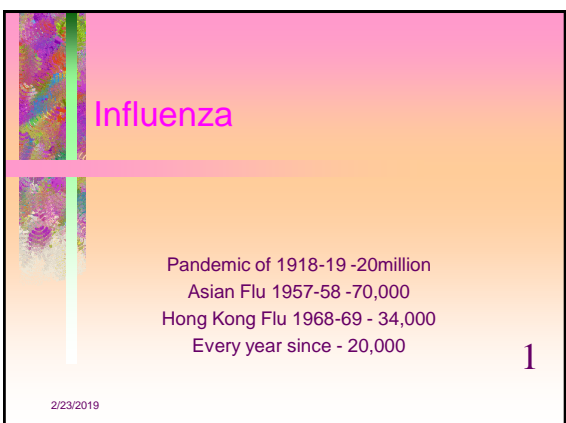
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Influenza

Pandemic of 1918-19 -20million  
Asian Flu 1957-58 -70,000  
Hong Kong Flu 1968-69 - 34,000  
Every year since - 20,000

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**Influenza: signs & symptoms**

- Fever: 100.4 to 104 F
- Headache
- Aches & Pains
- Fatigue & weakness
- Exhaustion
- Cough
- Complications

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**Pneumonia**

- 500,000 hospitalizations/year
- 45,000 deaths/year

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**Pneumonia: signs & symptoms**

- cough productive of sputum
- malaise
- shortness of breath
- chest pain (pleurisy)
- fever and chills

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**Why Immunize**

- prevents 82% of the deaths from these 2 diseases
- reduces hospitalizations by 72%

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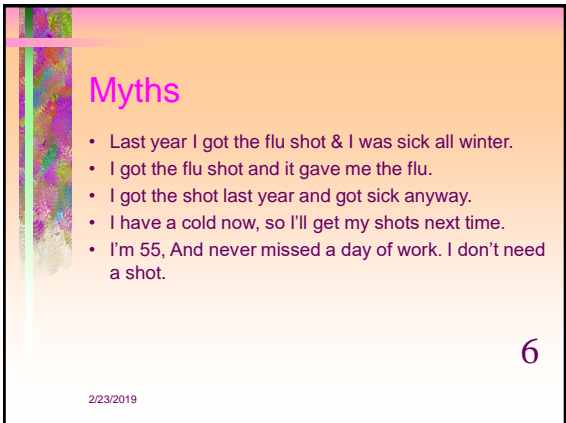
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**Myths**

- Last year I got the flu shot & I was sick all winter.
- I got the flu shot and it gave me the flu.
- I got the shot last year and got sick anyway.
- I have a cold now, so I'll get my shots next time.
- I'm 55, And never missed a day of work. I don't need a shot.

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**Myths (cont.)**

- I read about someone who got AIDS from the vaccine.
- I saw an ad for Tamiflu on TV. I'll take that if I get sick.

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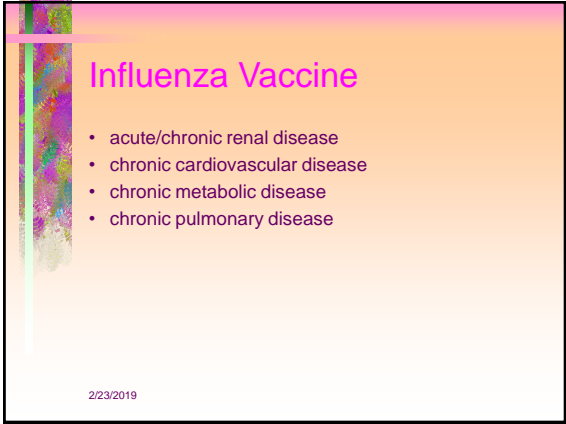
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**Influenza Vaccine**

- acute/chronic renal disease
- chronic cardiovascular disease
- chronic metabolic disease
- chronic pulmonary disease

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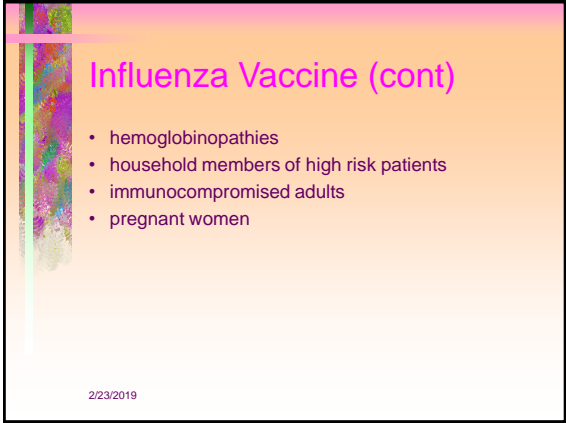
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**Influenza Vaccine (cont)**

- hemoglobinopathies
- household members of high risk patients
- immunocompromised adults
- pregnant women

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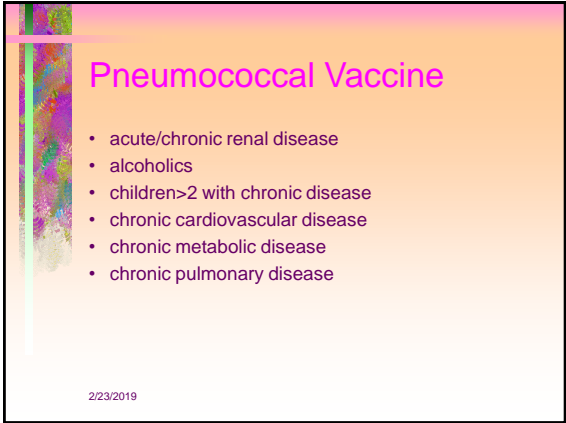
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**Pneumococcal Vaccine**

- acute/chronic renal disease
- alcoholics
- children > 2 with chronic disease
- chronic cardiovascular disease
- chronic metabolic disease
- chronic pulmonary disease

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### Pneumo. Vaccine (cont)

- functionally/surgically asplenic patients
- hematologic malignancies
- hemoglobinopathies
- immunocompromised adults
- Native Americans
- patients with CSF leaks

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### Administration

- Influenza vaccine
  - yearly: October-November
- Pneumococcal vaccine
  - one time dose
    - revaccination 5 years later

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### Other Immunizations

- Hepatitis B vaccine
- Hepatitis A vaccine
- Tetanus, diphtheria vaccine
- Lyme vaccine
- MMR, Varicella, Polio vaccines

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