

Travel Immunizations

If you are planning international travel, be sure to ask your internist if your destinations require immunizations for infectious diseases common to those areas.



Clearing up some confusion.

We doctors of internal medicine are also known as “internists.”

This should not be confused with “interns,” who are doctors in their first year of training after medical school.

Nor are we the same as “general practitioners” (GPs), or “family physicians” (FPs), whose practices may include surgery, obstetrics and pediatrics, and whose training is not solely concentrated on adults.

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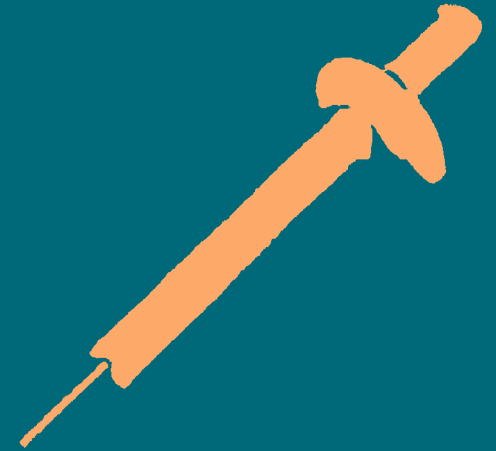
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INTERNAL MEDICINE
DOCTORS FOR ADULTS™

Shots aren't just for kids.



Adults are 100 times
more likely to die
from vaccine-preventable
diseases than kids.



An Ounce of Prevention

Immunization (or vaccination) is a safe, effective and simple way to prevent life-threatening illnesses – not only for infants and kids, but also for adults. In fact, adults in the United States are at far greater risk of dying from a vaccine-preventable disease than kids are. But immunizations can protect you.

Which immunizations should you get? That depends – on your age, your general health... even your lifestyle or profession can make a difference in which immunizations you need. That's why you should talk to your internist.

Here is a checklist of the immunizations your internist might recommend:

Adult Immunization Checklist

Common adult immunizations

Influenza (the flu)

Every year a wave of influenza sweeps the nation. For healthy adults, it can mean days in bed with a fever and severe cough. But it can be life-threatening for people age 50 or older or those with chronic health conditions. For healthy adults, one dose every fall prevents the virus. For high-risk adults, it prevents complications.

Pneumococcal Infections (pneumonia)

These infections of the lungs, bloodstream or brain cause 15,000 deaths each year in the U.S. – while a single shot protects against them. If you're over 65 and your pneumococcal vaccination was more than five years ago, ask your internist about a booster.

Tetanus-Diphtheria

Adults need a one-dose "Td" booster every 10 years to protect themselves against these life-threatening infections. Not sure if you're due? Check with your internist.

Chicken Pox (varicella)

If you were the only kid on the block who didn't get chicken pox, you should be the first in line to get immunized against it! A relatively mild illness in kids, it is usually very serious in adults.

Measles, Mumps & Rubella

If you never had these diseases as a child, nor were immunized against them, talk with your internist. They are highly contagious (can be caught just by talking with an infected person) and have serious complications for adults. One series of two shots protects you.

Immunizations only for those at risk

Hepatitis A

(Two shots 6-12 months apart)

Hepatitis B

(Three shots over a six-month period)

Immunization against these viruses that infect the liver are recommended for people who are either at risk or in contact with people at risk. Your internist can determine if you are one of them. A partial list of those at-risk includes health care workers, those whose sexual activity puts them at risk, intravenous drug users, international travelers, immigrants, native Americans, and Alaskan natives.