Give Your Health A Shot
A Guide to Vaccines and Adult Wellness

Featuring Mia Hamm
Gold Medalist and Mom

GlaxoSmithKline funded and helped develop this program.
A Personal Message from Mia Hamm:

When I was representing the U.S.A. on the Olympic Women’s Soccer Team, I had a lot of help. Our team physician and trainer made sure we were taking precautions to be healthy, and avoid injury. That gave me confidence on the field.

Now, I’m seeking the same confidence as an individual who must manage my life without that extra support—just like you! As a parent, I know it’s vitally important to take care of my health, so I can be there for my kids. My husband and I make a point of keeping careful medical records of our vaccinations, and we talk with our healthcare professionals about how we can best help protect our health.

We are committed to healthy living: we try to make nutritious food choices, and get the sleep we need. Of course, regular exercise will always be part of the picture! We make sure we’re getting regular checkups, and staying up to date with our vaccinations.

What you need first, for any game plan, is information. This DVD and guidebook are designed to help you “give your health a shot.”

Good luck and be well!
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Introduction

Today, many people are trying to improve their health and wellness. They are exercising more, eating better, and making healthier choices. But many adults are not aware that a key part of being healthy includes staying up-to-date on their vaccinations. Vaccines help protect you and those around you from diseases. That’s why vaccines are an important part of a well-rounded approach to adult wellness.

This program will help answer the following questions:

- What are vaccines and how do they work?
- Which vaccines might I need as an adult?
- What diseases can vaccines help prevent?
- Besides staying up-to-date on vaccines, what are some other important elements of adult health?
What Are Vaccines and How Do They Work?

Your immune system keeps you healthy and fights off infectious diseases. Antibodies are an important part of the immune system. They recognize and help destroy invaders, such as viruses or bacteria. If you have antibodies for an infectious disease, it means your body can often defend itself against that disease or infection.

You can produce antibodies to an infectious disease two ways: by being exposed to the disease itself, or by getting a vaccine. A vaccine can trigger your immune system to make antibodies that help protect you.

Here are some key things to know about vaccines:

- Vaccines are rigorously tested for safety.
- Vaccines are given to adults as a ‘shot’ in the arm, or inhaled, or by mouth.
- Some vaccines are given as a single shot. Others are given in a series of 2 or more shots over several months.
- Some vaccines help protect against a single disease. Other vaccines help protect against 2 or more diseases.
- The protection offered by some vaccines lasts a lifetime. Protection offered by other vaccines can fade over time. This means you may need a “booster” vaccine in the future.
- Women who are pregnant, planning to become pregnant, or are nursing should tell their healthcare professional this information before being vaccinated.

When you get vaccinated for certain diseases, you can help protect more than just yourself. Certain vaccinations are recommended to help prevent you from spreading the disease to others. All vaccines carry some risk for side effects, which you should discuss with your doctor before being vaccinated.
Why Vaccines Are Important for Adults

Adults may need vaccines for several reasons:

- The protection provided by some childhood vaccines fades over time.
- Some adults are not fully vaccinated.
- New vaccines have been developed that were not around during the childhood of many adults.
- Adults may be at greater risk for some infectious diseases as they get older.
- Vaccines can help adults avoid spreading disease to others.

Some illnesses require yearly vaccinations for protection.

About 50,000 adults in the United States die each year from diseases that might have been prevented by vaccines. In fact, adults are more likely than children to die of some diseases that vaccines can prevent. That’s why you should talk to a healthcare professional about helping to protect yourself with the appropriate vaccines.
The Centers for Disease Control and Prevention (CDC) recommends that adults should be vaccinated against up to 14 diseases. Eight vaccines that adults may need are discussed here in more depth.

With each of the following vaccines, be sure to talk with your healthcare professional about whether that vaccine is right for you.

Vaccines Recommended for Adults*

- Tdap (Tetanus, diphtheria, pertussis)
- Influenza (flu)
- Hepatitis A
- Hepatitis B
- HPV
- Varicella (chickenpox)
- Zoster (shingles)
- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

* Some vaccines are recommended for all adults while others may be needed based on age, gender, or other risk factors. Talk to your healthcare professional about the vaccines that are right for you.

Influenza

Influenza (the flu) is caused by viruses that spread easily between people. Each year in the United States, about 226,000 people are hospitalized because of the flu. On average, about 36,000 people die each year from flu or illnesses following the flu.

There are many different flu viruses. Each year, vaccines are developed for the flu viruses that are expected to be most common in the upcoming flu season. These are called seasonal or annual influenza vaccines.

The CDC now recommends that everyone 6 months of age and older get vaccinated every year with the seasonal flu vaccine. Some people are at greater risk for flu and illness related to flu:

- Those over 50
- Young children (6 months to 4 years old)
- People with long-term illnesses
- Women who will be pregnant during flu season
About 20 million Americans are currently infected with **HPV**, and about 6 million more become infected every year. HPV is a virus that is passed through close contact or sexual activity. There are many types of HPV. Some types can cause common conditions like warts, while other types can cause more serious diseases such as cancer.

One cancer that can be caused by HPV is cervical cancer. In 2009, it is estimated that about 11,000 women in the U.S. were diagnosed with cervical cancer, and about 4,000 died from this disease. Cervical cancer is most often discovered by an abnormal Pap test. The CDC recommends vaccination for girls and young women aged 11-26. Because vaccination does not protect against all types of HPV, women should continue to get regular Pap tests.

HPV vaccination may also be appropriate for boys and young men aged 9-26.

The **hepatitis A** virus causes a liver disease that can range from a mild illness lasting a few weeks, to a severe illness lasting several months. An estimated 25,000 people in the U.S. get hepatitis A every year. Hepatitis A is usually spread when someone eats food or drinks water that contains the virus, or has close, personal contact with a person infected with the virus.

The CDC recommends the hepatitis A vaccine for some international travelers, and for people with certain medical conditions or other risk factors. While the hepatitis A vaccine is now recommended for all children in the U.S., this vaccine may not have been available when many adults were children themselves.
Hepatitis B

Like hepatitis A, hepatitis B is a liver disease, but it is caused by a different virus. The hepatitis B virus is spread by contact with the blood, semen, vaginal secretions, or other body fluids of an infected person.

People infected with hepatitis B can spread the virus to others, even if they don’t appear sick. Some people who get hepatitis B develop a long-term (chronic) form of infection. This can be very serious and lead to liver damage, liver cancer, or sometimes even death.

The CDC recommends the hepatitis B vaccine for some international travelers and healthcare workers, and for people with certain medical conditions, high-risk behaviors, or other risk factors. As with the hepatitis A vaccine, this vaccine is now recommended for all children in the U.S., but it may not have been available when many adults were children themselves.

Whooping Cough

Whooping cough is also known as pertussis. It is an infection of the air passages to the lungs that is highly contagious, spreading easily between people in close contact. It is estimated that up to 600,000 adults in the U.S. get whooping cough each year.

Whooping cough can be serious, causing a severe cough for three months or longer. It is important for parents and others in close contact with infants to be vaccinated, because whooping cough can be serious, and possibly fatal in infants.

Immunity to whooping cough fades about 5-10 years after childhood vaccination, leaving teens and adults at higher risk for the infection and for spreading it to others.

The vaccine for whooping cough, called Tdap, also helps protect against two other diseases: tetanus and diphtheria. The CDC recommends that all adults aged 19-64 who have not gotten a previous dose of tetanus, diphtheria and pertussis vaccine, get a Tdap vaccination.
**Pneumococcal Vaccine**

*Pneumococcus* is a type of bacteria that causes several types of infections, the most common being pneumonia. Every year, about 175,000 people are hospitalized because of pneumococcal infection. Older adults are especially vulnerable.

All adults 65 years of age and older should talk to their healthcare professional about the pneumococcal vaccine. In addition, some younger adults should be vaccinated if they live in a long-term care facility or have a medical condition that puts them at high risk.

**Meningococcal Vaccine**

*Meningococcal* disease is a serious bacterial illness. It is a leading cause of bacterial meningitis, an infection of the fluid surrounding the brain and spinal cord.

Anyone can get meningococcal disease. But it is most common in infants less than one year of age, and in people with certain medical conditions. College freshmen who live in dormitories, military recruits, and individuals ages 15-19 have an increased risk of getting meningococcal disease.

First-year college students living in dormitories and other people who are at higher risk because of their jobs, health condition, or geographic location should talk to their healthcare professional about the meningococcal vaccine.
Many people had chickenpox as children. They may not know, however, that even when the itching and the spots go away, some virus remains in the body. Herpes zoster (shingles) results from an “awakening” of the chickenpox virus. Only people who have had chickenpox can get shingles. Over 1 million cases occur in the United States yearly, with the risk rising around age 50. Having a weak immune system increases the risk of disease.

Shingles is a painful rash of small blisters that become fluid-filled and eventually scab over and heal. The rash usually forms on one side of the face or body. Before the rash appears, some people feel a tingling sensation, itching, or pain in the area. If the shingles infection involves the eye, blindness can occur.

Even when the rash is gone, pain can persist for months or years. The zoster vaccine significantly reduces the risk of getting shingles and the CDC recommends it for adults 60 years or older. Even if shingles does appear, the pain it causes is likely to be less severe and to go away more quickly if you have gotten the vaccine.
Be active. Regular exercise is one of the best things you can do for your health. Choose an activity you enjoy or one you can do with friends. You don’t have to be an athlete or join a health club! Brisk walking can be an excellent choice. Aim for at least 30 minutes of moderate-intensity physical activity, above your usual activity, on most days of the week.

Eat a healthy diet. This includes:
- Eat a variety of fruits and vegetables every day.
- Choose whole-grain products.
- Limit saturated fats and trans-fats.
- Choose foods and beverages with little added sugars or sweeteners.
- Consume 3 cups of fat-free or low-fat milk or dairy products every day.

Maintain your recommended body weight. If you need to lose weight, aim for a slow, steady weight loss by decreasing calorie intake while eating a balanced diet, and increasing your physical activity at the same time.

Get enough sleep. Adults need between 7 and 9 hours of sleep every night. Lack of sleep may increase your risk for illness and disease.

Check food labels. How can you tell if a food is healthy for you? One way is by looking at the nutrition labels at the grocery store. Here are some things to look for:

1. Start at the top of the label and decide if the serving size is actually what you would consider a single "serving." For example, a package may say that a "serving" of pretzels is "10 pretzels," but many people eat more than that in a sitting.
2. Check the calories in a serving. Remember that most women need only 2000 calories a day, and most men need only 2400 calories a day.
3. Look at how much fat and salt (sodium) a food contains—most adults shouldn’t eat more than 18-31 grams of saturated fat a day, and no more than 2300 milligrams (about a teaspoon) of salt each day.
4. Check the line for fiber—some adults don’t get enough of this key substance.
5. See how many vitamins and minerals a food has. Some adults don’t get enough of the vitamins and minerals that they may need.
Putting It All Together

By reading this booklet, you’ve learned about a part of health that many adults are not aware of: **vaccination**.

You’ve seen that, in addition to exercising, eating right, and getting enough sleep, adults need to make sure they are up-to-date on their vaccinations. Vaccines aren’t just for children!

Getting vaccinated helps protect you from many diseases such as flu, hepatitis A, hepatitis B, and whooping cough. Getting vaccinated may also help you avoid spreading disease to those you love.

Talk with your healthcare professional. Make sure your vaccines are up-to-date and complete. If you have children, make sure they’re up-to-date on their recommended vaccines as well!

Vaccines are a way to help maintain your own health and help protect the health of those around you.

**Vaccines Recommended for Adults**

- Tdap (Tetanus, diphtheria, pertussis)
- Influenza (flu)
- Hepatitis A
- Hepatitis B
- HPV (human papillomavirus)
- Varicella (chickenpox)
- Zoster (shingles)
- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

*Some vaccines are recommended for all adults while others may be needed based on age, gender, or other risk factors. Talk to your healthcare professional about the vaccines that are right for you.*
Tear-off and share this checklist with relatives, caregivers and friends.

Vaccines Recommended for Adults*

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Resources

American College of Physicians
acponline.org

Centers for Disease Control and Prevention
cdc.gov/vaccines
GlaxoSmithKline

GlaxoSmithKline, one of the world’s leading research-based pharmaceutical and healthcare companies, is committed to improving the quality of human life by enabling people to do more, feel better and live longer. GlaxoSmithKline funded and helped develop this program.

American College of Physicians

The American College of Physicians (ACP) is a national organization of internists—physicians who specialize in the prevention, detection and treatment of illnesses in adults. Established in 1915, ACP is the largest medical-specialty organization and second-largest physician group in the United States. Its membership of 126,000 includes internists, internal medicine subspecialists, medical students, residents, fellows, and allied health professionals. Members are physicians in general internal medicine and related subspecialties, including cardiology, gastroenterology, nephrology, endocrinology, hematology, rheumatology, neurology, pulmonary disease, oncology, infectious diseases, allergy and immunology, and geriatrics. Internists treat the majority of adults in the United States.
Credits

Give Your Health A Shot: A Guide to Vaccines and Adult Wellness has been made possible through the expertise, time, and effort of many individuals.

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GlaxoSmithKline funded and helped develop this program.

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Special Thanks to:
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“Adults may need vaccinations too!
Talk to your healthcare professional and find out if you’re up-to-date.”

Mia Hamm photos by Stahlschmidt Sports Photography
*Mia Hamm has been compensated for her participation in this program.
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