

IPRO Healthy *Insights*

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HEALTH
INFORMATION
FOR NEW YORK
STATE RESIDENTS



Improving Healthcare
for the Common Good®

Protect yourself. Get the vaccines you need.

August is National Immunization Awareness Month (NIAM), an annual observance to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. NIAM is sponsored by the National Public Health Information Coalition (NPHIC). For more information, visit <http://nphic.org>.

Whether you call them vaccines, vaccinations or immunizations, here are four important facts you should know about them:

1. They protect against serious diseases.
2. They are very safe.
3. They are necessary throughout your life.
4. Talking to your doctor about your vaccination needs can protect you and your family.
5. Recommendations for vaccines vary depending on a person's age and medical conditions.

Adults: Talk to your doctor about these five vaccines:

- Influenza (Flu)
- Pneumococcal (Pneumonia)
- Hepatitis B
- Herpes-Zoster (Shingles)
- Pertussis (Whooping Cough)



Ask your pharmacist about vaccines that you can receive at your pharmacy.

IPRO Healthy Insights is authored by Dr. Clare Bradley, IPRO's Senior Vice President for Quality Improvement and Chief Medical Officer, and a nationally recognized public health advocate.

continued on next page

Vaccine basics

When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion, called an infection, is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body now has a supply of cells that help recognize and fight that disease in the future.



Vaccines help develop immunity by imitating an infection, but this "imitation" infection does not cause illness. It does, however, cause the immune system to develop the same response as it would to a real infection, so the body can recognize and fight the vaccine-preventable disease in the future.

Most health insurance plans cover the cost of vaccines, but you may want to check with your insurance provider before going to your doctor or pharmacist to be vaccinated.

For more information, please visit:

www.vaccineinformation.org/vaccine-basics.

Still worried about vaccines?

Read stories about how vaccines have positively affected peoples' lives. The ShotbyShot website, created by the California Immunization Coalition, offers real-life stories told by patients, family members, and clinicians whose lives were touched by vaccine-preventable diseases. The stories bring first-hand experiences to life and give us insight about the real affects of vaccination and the true value of prevention. To read or listen to stories of those affected by vaccine preventable diseases, please visit www.shotbyshot.org.

Additional resources and information on vaccines are available on the New York State Department of Health website:

www.health.ny.gov/prevention/immunization and the New York City Department of Health and Mental Hygiene's website:

www1.nyc.gov/site/doh/health/health-topics/vaccines-and-immunizations.page.

About IPRO

Founded in 1984, IPRO is a New York based, national, not-for-profit organization. IPRO provides a range of healthcare improvement services that aim to improve the quality and value of healthcare provided to consumers across the country. For more information about IPRO, please visit our website <http://ipro.org>.

About the Author

Dr. Clare Bradley serves as IPRO's Senior Vice President for Quality Improvement and Chief Medical Officer. She is the recipient of the American Cancer Society's (ACS) prestigious St. George National Award for 2009, awarded for outstanding contributions to the control of cancer. Dr. Bradley is the past Chair of the Eastern Division (New York and New Jersey) of the ACS and has been an ACS Board Member since 2004. Dr. Bradley is board certified in Internal Medicine and is an associate Professor in the Department of Preventative Medicine in the School of Medicine at the State University of New York, Stony Brook.



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