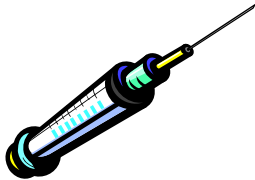


Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



VACCINATIONS – ARE YOU UP TO DATE?

Many people think that vaccinations are only for children, but as adults, there are several vaccines to be aware of and keep up with. Make sure you are up to date!

Tetanus-Diphtheria Vaccine – all adults, every ten years

- A “tetanus shot” is not just something you get when you step on a nail. All adults should receive a Td booster dose every ten years to protect themselves.
- This vaccine is safe for pregnant women.
- Adults who have close contact with infants under twelve months may want to consider the tetanus-diphtheria-pertussis (Tdap) vaccine, which also protects the recipient again pertussis or whooping cough.

Influenza (Flu) Vaccine – adults 50 and older

- Other than adults age 50 and older, people with weakened immune systems should consider a flu vaccine.
- The influenza vaccine (“live” version) is not safe for pregnant women.
- Receiving an influenza vaccine does not guarantee you will not contract the disease; vaccines are manufactured prior to the flu season with strains of influenza virus that scientists have predicted will have the greatest impact; there is no guarantee that they will be the correct strains.

Pneumococcal Vaccine – adults 65 and older

- Adults over the age of 65 and other individuals with weakened immune systems should receive the pneumococcal polysaccharide vaccine (PPV).
- Two doses of the vaccine may be necessary for those with weakened immune systems or for those who received their initial vaccination more than five years ago.
- This vaccine protects against 23 types of pneumococcal bacteria and can prevent diseases such as pneumonia, bacteremia and meningitis.

Hepatitis B Vaccine – adults at risk

- Adults over the age of 18 should consider getting a Hepatitis B vaccine if they are at risk of contracting the disease.
- Hepatitis B is spread through contact with the blood and body fluids of an infected person.
- This vaccine not only protects against hepatitis B but also the liver damage and liver cancer that chronic hepatitis B can cause.
- The vaccine is administered in a three dose schedule.

Measles-Mumps-Rubella (MMR) Vaccine – susceptible adults

- Measles, mumps and rubella (German measles) are all caused by viruses and are completely preventable with this vaccine.

- Children should receive the vaccine around one year of age and again around four to six years of age.
- Adults over the age of 18 may want to get another dose of the vaccine if they are susceptible.
- Pregnant women and those with weakened immune systems should not get the vaccine.

Varicella (chickenpox) Vaccine – susceptible adults

- The chickenpox virus can be spread from person to person through the air or by contact with fluid from chickenpox blisters; the Varicella vaccine can prevent someone from getting this virus.
- Individuals over the age of 13 getting a Varicella vaccine should receive two doses, four to eight weeks apart.
- There is a small risk of contracting chickenpox from the vaccine, but if an individual does get it, it is very mild with a shorter than normal recovery time.
- Pregnant women and those with weakened immune systems should not get a Varicella vaccine.
- Getting this vaccine is MUCH safer than exposing yourself or your children to those infected with chickenpox, such as is popular at “chickenpox parties.”

HPV Vaccine – females, age nine to 26

- The new HPV vaccine, Gardasil, targets four strains of HPV (6, 11, 16 and 18) that cause 70 percent of all cervical cancers (HPV-16 and HPV-18) and 90 percent of genital warts (HPV-6 and HPV-11).
- The CDC reports that about 20 million people in the United States are infected with HPV and by age 50, at least 80 percent of women will have had an HPV infection.
- The vaccine is 100 percent effective against HPV-16 and HPV-18 and lasts for at least four years.
- Gardasil is FDA approved for girls and women aged nine to 26, with ongoing studies with women up to age 45.
- Gardasil does not protect people who have already been exposed to HPV and does not replace screening for cervical cancer.

Vaccines for travelers

- Set up a visit with your doctor four to six weeks before international travel to discuss routine, recommended and required vaccinations.
- Routine vaccinations – make sure you are up to date on the routine vaccinations discussed above. [Click here](#) for more information on routine vaccinations for adults.
- Recommended vaccinations – depending on what country you will be visiting, there are some additional recommended vaccinations. [Click here](#) and choose the country you will be traveling to for a complete listing.
- Required vaccinations – the only vaccine required by International Health Regulations is a yellow fever vaccination for travel to parts of sub-Saharan Africa and tropical South America. [Click here](#) for more detailed information on how to obtain this vaccine and the vaccination certificate.

Wellness Resources

Centers for Disease Control and Prevention, National Immunization Program,
<http://www.cdc.gov/nip/default.htm>

Please reference for additional information. If you click on any of these links for more information, you will enter a non-Delta Gamma supported Web site. The material on the third party site is not endorsed by Delta Gamma nor does Delta Gamma verify the accuracy of the material. Please observe that you are entering another site that is solely provided as a vehicle to find additional information on a topic. Delta Gamma does not endorse any commercial products that may be advertised or sold on these sites.

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