

2008

August



Take a shot at a healthier life

August is National Immunization Awareness Month

Remember when you were a kid and your parents dragged you to the doctor for those scary immunization shots? Back then, a lollipop or a box of animal crackers made it all well worth it.

Though you're probably a little too old for one of those soothing treats, you're never too old to get a potentially lifesaving vaccination. If you're one of the many Americans who believe that vaccines are only for kids,¹ think again. Many contagious diseases, such as measles and mumps, are on the rise again within the adult population² - and they could be prevented with a simple vaccine. And, if you are over 50 or someone with an existing condition like heart or lung disease, you're even more at risk for certain diseases like influenza (flu).¹

Because August is National Immunization Awareness Month, this is the perfect time to discuss the following vaccine-preventable adult diseases with your health care provider:³

- **Diphtheria**
- **Haemophilus influenza type b (Hib)**
- **Hepatitis A**
- **Hepatitis B**
- **Herpes Zoster (shingles)**
- **Human Papillomavirus (HPV)**
- **Influenza (flu)**
- **Measles**
- **Meningococcal disease**
- **Mumps**
- **Pertussis (whooping cough)**
- **Pneumococcus**
- **Polio**
- **Rubella (German measles)**
- **Tetanus (lockjaw)**
- **Varicella (chickenpox)**



Talk to your health care provider today about which of those diseases you may be at risk for and which vaccinations you may need. And should you get an immunization shot, go ahead and treat yourself to a box of animal crackers afterward!

¹ TIME Magazine website: Why don't adults get vaccinated? (January 2008): time.com/time/health/article/0,8599,1706631,00.html

² TeensHealth website: Immunizations (November 2006): kidshealth.org/teen/school_jobs/college/immunizations.html

³ Centers for Disease Control and Prevention website: Vaccines & Preventable Diseases: Vaccine-Preventable Adult Diseases (May 2008): cdc.gov/vaccines/vpd-vac/adult-vpd.htm#desc

Services provided by Empire HealthChoice HMO, Inc. and/or Empire HealthChoice Assurance, Inc., licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

The information provided is for educational purposes only and should not be considered medical advice. Please consult your physician for specific advice regarding recommendations for your individual circumstances.

MNYSH3470Y 8/08