



New Providence Internal Medicine Associates

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VISIT US ON THE WEB AT
www.NPInternalMed.com

SHINGLES (ZOSTAVAX)



If you're over 60 and have had chicken pox when you were a small child (or older), then you're at risk for shingles. This is a painful skin rash that can occur at any time if the dormant chicken pox virus "wakes up." The rash itself goes away after a short while, but the pain from it can linger quite severely for a very long time (neuralgia).

A vaccine was introduced in 2007 that has been shown to reduce the frequency of shingles by about 50%.

Due to storage issues, we do not carry the vaccine in the office. The vaccine can be given by a local Infectious Disease specialist who will have the vaccine at their office. Our office can provide you with names of local specialists. For more information, go to : <http://www.zostavax.com>.

IMMUNIZATIONS: NOT JUST FOR KIDS; WHAT'S NEW FOR ADULTS

Tetanus (Adacel)



If you've been a student in a public school system or in the military, or had stitches, you've probably had at least one tetanus shot. The tetanus bacteria is thankfully quite rare, but if you are exposed to it, it is often

fatal unless you've been vaccinated against it. An injection every 10 years (until your 70's) is recommended. The new formulation also protects against whooping cough (pertussis). <http://pertussis.com/>



Pneumonia (Pneumovax)

One of the most common and severe types of pneumonia is due to a strep bacteria called "pneumococcus." There is a vaccine called the "pneumovax" that will reduce the frequency and

severity of this infection. It is given to all adults over 65 once, and every 10 years if you have diabetes, lung disease, etc. <http://www.cdc.gov/vaccines/vpd-vac/pneumo/default.htm>



Reduce Cervical Cancer & HPV (Gardasil)

We now know that most cases of cancer of the cervix are due to a virus called HPV. This is very common, and can be transmitted sexually. A new vaccine called "Gardasil"

is given to young women between ages 9 and 26, and significantly reduces the incidence of HPV infection and cancer of the cervix. <http://www.gardasil.com/>

Don't forget Your Flu Shot



The routine flu shot is still important to get every fall; best if given from early October until late December. This protects you against influenza,

which typically causes high fevers, chills, and cough. It is particularly dangerous for people who are elderly, have diabetes, or chronic respiratory problems. <http://www.cdc.gov/flu/>