

# IPRO

# Healthy *Insights*

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**HEALTH  
INFORMATION  
FOR NEW YORK  
STATE RESIDENTS**



Better healthcare,  
realized.

## Protect Yourself. Protect Others.

**T**ake charge of your health and help protect people around you. Ask your doctor about vaccines during your next visit.

It is important to make sure people of all ages are up to date on the vaccines recommended for them. Whether you call them vaccines, vaccinations, or immunizations

- They protect against serious diseases.
- They are very safe.
- They are needed throughout your life.
- Talking to your doctor about your vaccination needs can protect you and your family.
- Recommendations for vaccines depend on a person's age and medical conditions.



Adults may forget how important vaccines are for them as well as children! They should receive vaccines to protect them from getting serious preventable illnesses. Unfortunately, far too few adults are receiving the recommended vaccines, leaving not only themselves and their loved ones defenseless to serious diseases, but the general public as well.

### Why do adults need vaccinations?

- Disease knows no age.
- Many adults may no longer be protected by vaccines received in childhood or weren't fully immunized as a child.
- Booster doses for some vaccines (e.g., whooping cough) are recommended to remain protected.

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

IPRO is a non-profit organization that works with government agencies, providers and patients to measure and improve healthcare for all. For over 30 years we've made creative use of clinical expertise, emerging technology and data solutions to make the healthcare system work better.

For more information about IPRO, please visit our website <http://ipro.org>.

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## Adults, talk to your doctor about these five vaccines:

1. Influenza (Flu)
2. Pneumococcal (Pneumonia)
3. Hepatitis B
4. Herpes-Zoster (Shingles)
5. Pertussis (Whooping Cough)

Not only can vaccine-preventable diseases make you very sick, but also may risk you spreading certain diseases to others. Babies and older adults have weakened immune systems (like those undergoing cancer treatment) and are more likely to have severe illness and complications.

## 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.

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](http://www.vaccineinformation.org/vaccine-basics).

## Still unsure about vaccines?

The ShotByShot webpage, created by the California Immunization Coalition, offers real-life stories told by patients, family members, and clinicians whose lives were touched by vaccine-preventable disease. The stories give us insight about the real effects of vaccinations and the true value of prevention. To read or listen to these stories, please visit [www.shotbyshot.org](http://www.shotbyshot.org).

## Additional resources and information on vaccines

[www.health.ny.gov/prevention/immunization](http://www.health.ny.gov/prevention/immunization)

<http://www1.nyc.gov/site/doh/health/health-topics/vaccines-and-immunizations.page>

<http://atlanticquality.org/initiatives/immunization>



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