

Vaccines for Those Over 50

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vaccine, Zostavax. This new vaccine is given in two doses, spaced two to six months apart, and helps to prevent shingles and its complications.

One in three people will get shingles, usually after age 50, and by the age of 85, half of adults will likely have had at least one bout of the disease, which causes a red rash and painful blisters. About 15% of shingles sufferers have residual extreme nerve pain, which can last for months or years. Experts believe that Shingrix can protect 97% of people in their 50s and 60s and 91% of those in their 70s and 80s.

Since chicken pox and shingles are caused by the same virus, even if you don't remember getting chicken pox as a child, you were probably exposed and should get the shingles vaccine. All you need to do is talk to somebody who has suffered with shingles and you will know you should not skip this vaccine. Talk to your doctor if you have concerns.

- **Hepatitis A vaccine.** People 50 and older who are at high risk for hepatitis A (HAV), a disease of the liver, should consider this vaccine. Infections result primarily from travel to another country where hepatitis A virus transmission is common, through close contact with a hepatitis A-infected individual, or recreational drug use.

If you are in the at-risk group described above, talk to your doctor. You may not have any symptoms—and the likelihood of symptoms decreases as you get older. This vaccine is given in two doses over six months. Hepatitis A rates have dramatically declined since this vaccine became available in 1995.

- **Hepatitis B vaccine.** People 50 and older who are at risk for contracting hepatitis B, a liver infection, should consider this vaccine. Hepatitis B is transmitted when a body fluid (blood, semen, saliva) from a person infected with the hepatitis B virus enters the body of someone who is not infected. This can happen through sexual activity, contact with blood or open sores, or sharing personal items ranging from a needle, to a razor, or even a toothbrush with an infected person. In addition, dialysis patients, those with HIV, or those who travel to countries where Hepatitis B is common are at risk.

This vaccine is given in three doses—one four weeks after the first and a third one five months after the second. There is a combination vaccine for both Hepatitis A and Hepatitis B, Twinrix, which is given in three doses over six months. Definitely discuss this one with your doctor, and be sure to mention if you have a life-threatening allergy to yeast or any other component of the vaccine.



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Recycle.

GOBBLE, GOBBLE

TURKEY TROT

NOVEMBER 22
MCNEILL PARK

COME WORK OFF SOME
CALORIES BEFORE YOUR
THANKSGIVING MEAL!

REGISTRATION @ 8:30
EVENT @ 9

WALK or RUN

HOT CHOCOLATE AND COFFEE
AFTERWARDS

Call Maureen
@ 726-7643
or email
maureenyoung9@gmail.com
for more information



CHRISTMAS FLOTILLA

SATURDAY,
DECEMBER 8
MCNEILL PARK

BEST VIEWING @ 5:30 p.m.

BOATS SIGN UP AT 5:15 @
BROCK BASIN

SANTA IS RUMORED TO MAKE
AN APPEARANCE!!!

Call John Clarke
@ 515-0887 (cell) or
499-9670 (home)
for more information



CHRISTMAS PARADE

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DECEMBER 18

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