



Lake Sunapee Region VNA & Hospice

Did you know...??? The Facts on Adult Immunizations.

Much of the talk of vaccines typically focuses on young children. But older adults can also benefit from the protective effects of vaccines. Still, while vaccine protection can be even more important for older individuals, it's less effective than it is in children and younger adults. As we age, our immune systems wear out, just like our muscles and bones.

"As people age, their immune response isn't as robust," says Dr. Stefan Gravenstein, a professor of medicine at Brown University who specializes in geriatrics and basic biology. "The pieces of the immune system that need to be able to work are still functional, but they're just not as peppy" as they used to be. Below is a guideline for routinely recommended vaccines and for those recommended less often.

Routinely recommended vaccines:

- Tetanus, diphtheria, pertussis (Td/Tdap)
- Influenza (Flu)
- Human papillomavirus (HPV)
- Pneumococcal (Pneumonia)
- Zoster (Shingles)

Vaccines recommended only when indicated:

The following vaccines may be indicated for certain chronic conditions, occupations, lifestyles, or travel.

- Measles, mumps, rubella (MMR)
- Varicella (Chicken Pox)
- Hepatitis A
- Hepatitis B
- Meningococcal (Meningitis)

Check with your Healthcare Provider
about any vaccines you may need.

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