

AUGUST NEWS LETTER

National Immunization Awareness Month



What is a Vaccine?

Did you know vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to a disease. This lowers your chances of getting certain diseases and suffering from their complications.



Do I really need to Vaccinate?

- All adults should stay up to date on all vaccines to help protect against serious diseases that could result in:
 - poor health
 - low quality of life
 - extra medical bills
- Sometimes childhood vaccines wear off over time. In these cases booster shots are always recommended such as Td booster and whooping cough.
- If you are an adult with chronic conditions like heart disease, diabetes, asthma/COPD you are at higher risk for complications from certain diseases like flu and pneumonia. Get up to date on all vaccines can help lower your risk.
- Getting vaccinated not only lowers your chance of getting sick, but also lowers the chance that you will spread a serious disease to those around you

5 REASONS TO VACCINATE

1. Reduce Risk of life threatening illness
2. Improves Quality of Life
3. Prevent disease from spreading to loved ones
4. They are safe and effective
5. Can save you money, time and extra health care visits

Caregiver Corner

Talk to your care giving team and partner about staying up to date with all vaccinations. Because team work makes the dream work!



Vaccines Recommended for Adults over the age of 19 years old

(Tetanus-Diphtheria-Pertussis)

Tdap vaccine
tetanusdiphtheria Td booster shot recommended every 10 years

(Measles-Mumps-Rubella)

MMR vaccine
For adults born after 1956 who did not receive the vaccine or have not yet had the diseases

(Varicella)

Chickenpox vaccine
For all adults who have not received the vaccine when younger or have not yet had chickenpox

(Influenza)

Flu Vaccine
Receive annual vaccinations against seasonal influenza to prevent new strain of flu

(Pneumococcal)

PPSV23 Vaccine
For adults 65 years of age or older or those with certain chronic health conditions

(Herpes Zoster)

Shingles Vaccine
For adults 60 years of age or older, regardless of whether they report a prior episode of herpes zoster (VZV)

Immune Booster Recipe

Orange Turmeric Ice Pops



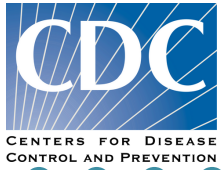
- Ingredients:
- 1 cup organic pineapple chunks, fresh or frozen
 - 1/2 cup Uncle Matt's Organic orange juice or Uncle Matt's Organic Orange Turmeric with Probiotics
 - 1 – 1 1/2 inch fresh organic ginger root, skin removed
 - 1 tsp organic ground turmeric

Directions: In high speed blender, mix pineapple, Uncle Matt's Organic orange juice, ginger & turmeric till smooth. Pour evenly into molds, insert sticks & freeze till firm.

<http://www.unclematts.com/orange-turmeric-popsicles/>

References:

- <https://www.cdc.gov/vaccines/events/niam/index.html>
- <http://www.unclematts.com/orange-turmeric-popsicles/>



Promoting Good Health and Quality of Life

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