**Newsletter | E-mail Template: Adult Vaccinations**

**Vaccines Prevent Cancer and Other Serious Diseases**

**Are You Protected?**

There are several vaccines currently recommended for adults. How many can you name? If you’re like most people, you might name one (influenza, or flu) or maybe two (tetanus). But there are others that the National Foundation for Infectious Diseases (NFID), the Centers for Disease Control and Prevention (CDC), and NAME OF ORGANIZATION want to make sure you know about.

William Schaffner, MD, NFID past-president, warns, “Too many adults think their need for vaccines stopped when they entered kindergarten. Skipping these vaccines leaves adults needlessly at risk for many serious illnesses.” These illnesses include some that adults are very familiar with, like influenza and others with much lower name recognition, like pneumococcal disease.

Here’s a list of vaccines Dr. Schaffner, the CDC and {Insert Local or State Public Health, or Healthcare Professional Name} urge you to learn more about and get, if they are recommended for you.

**Influenza** vaccine is given to more than 100 million individuals in the US every year. These vaccines are extremely safe and the best preventive measure we have against the flu. The vaccine is most effective in preventing flu in young, healthy adults, but even when it doesn’t prevent the flu altogether, it can make the infection less serious, helping people avoid hospitalization and death. It’s also extremely important if you are around babies younger than six months because they are at very high risk of severe flu complications, but they cannot be vaccinated themselves.

**Tdap** vaccine prevents against tetanus, diphtheria, and pertussis or “whooping cough.” While all are serious, right now whooping cough is a big concern. Better testing now proves that millions of US adults are getting whooping cough. Because it doesn’t look the same in adults as in kids, some people might not even know they have it, while others may suffer greatly. Either way, they can pass the infection on to infants for whom whooping cough is most deadly. The majority of deaths continue to occur among infants younger than 3 months of age.

**Pneumoccocal Disease** causes pneumonia, meningitis, and blood infection. Vaccination is for everyone age 65 years and older, and for adults younger than 65 who smoke, have asthma, heart disease, diabetes, or certain other medical conditions.

**HPV** vaccines protects against infection with the human papillomavirus, a leading cause of cancer including cervical, anal, and other genital cancers, as well as head and neck cancers. The vaccine is recommended for all woman age 26 years and younger; men age 21 and younger; and men through age 26 with certain health conditions or lifestyle factors if they were not previously vaccinated with the full three-dose serious.

**Shingles** vaccine is for everyone age 60 years and older. It cuts the risk of shingles by half, but more importantly if you do get shingles, the vaccine is about 67 percent effective at reducing the long-lasting shingles-related pain syndrome called PHN. PHN pain can last for months or more and can be as severe and debilitating as having a heart attack or congestive heart failure.

**Hepatitis B** was the first vaccine available to prevent cancer. The hepatitis B virus is the leading cause of liver cancer and liver cirrhosis. The vaccine is recommended for any adult with diabetes through age 59; adults of any age who are sexually active, but not in a long-term, mutually monogamous relationship; and others based on certain risk factors.