

State Wellness Center and Pharmacy

August's Topic: Vaccinations

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**HEALTHCARE
CLINIC HOURS:**

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org**PHARMACY HOURS:**

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

Vaccines serve to protect ourselves and our community from certain diseases. Thanks to the emergence of vaccines, several life-threatening diseases have been eradicated from the United States, like smallpox, polio, and measles. It is encouraged to continue vaccinating yourself and your family to prevent the diseases that have been eliminated from making a comeback, as it is a possibility.

In 1974, Japan successfully reduced the rate of pertussis (whooping cough) outbreaks to less than 400 cases throughout the country with no deaths by vaccinating their children. Citizens then thought they no longer needed to get the vaccine because whooping cough had been eliminated. In 1976, only 10% of infants were vaccinated. In two years, the infection rate grew to more than 13,000 cases of whooping cough with 41 deaths reported.¹

If people ceased receiving their vaccinations, there is a very high probability that the diseases we are currently protected from will make a strong return. Vaccinations serve as a valuable way to protect ourselves, our children, and the future generations to come.



Source: <http://savingmamasita.com/tag/vaccinations/>

Vaccines we offer at the State Wellness Center¹

Vaccines	Description	Ages*
Td or Tdap	Td: Protects against tetanus and diphtheria Tdap: Protects against tetanus, diphtheria, and acellular pertussis (whooping cough)	Older children and adults
Influenza (flu)	Protects against the flu virus	6 months and older
Zoster	Protects against the virus that causes shingles	Ages 50 years and older
Pneumonia	Two Types: <ul style="list-style-type: none"> • Pneumococcal polysaccharide vaccine (PPSV23) • Pneumococcal conjugate vaccine (PCV13) Protects against infections caused by different strains of <i>Streptococcus pneumoniae</i> bacteria. These infections can include pneumonia, ear infections, sinus infections, meningitis, and bloodstream infections	<ul style="list-style-type: none"> ▪ Ages 19 years and older, if you have a weakened immune system, heart disease, lung disease, diabetes, liver disease, or smoke cigarettes ▪ All people 65 years and older should receive the pneumococcal series
Human papilloma virus (HPV)	Protects against certain genital cancers and warts	Ages 12-26 years old
Hepatitis B	Protects against Hepatitis B virus, which can cause liver disease	All ages
Meningococcal	Protects against infections caused by <i>Neisseria meningitidis</i> bacteria, which can cause infections of the lining of the brain or spinal cord and the bloodstream.	People who live in a dorm room or traveling to an area where it is prevalent are at an increased risk for meningococcal disease.

*The State Wellness Center offers these vaccines for individuals age 12 years and older.

Top 10 Reasons to Get Vaccinated²

1. Vaccines protect you from diseases for which you may be at risk
2. Vaccines protect you from complications of certain diseases
3. Vaccines prevent you from passing on certain diseases to your loved ones
4. Vaccines protect those who cannot be vaccinated
5. Vaccines save you time you would lose from getting sick
6. Vaccines prevent you from missing out on the things you love to do
7. Vaccines save you money you would pay from getting sick
8. Vaccines allow you to travel to new and exciting places without the fear of getting sick
9. Vaccines give you peace of mind during potential outbreaks of preventable diseases
10. Vaccines keep you from feeling “crummy” over something you can prevent by getting vaccinated.

How do vaccines work?⁴

For your body to fight infections, it releases **antibodies**, which are like soldiers that fight to protect you. Antibodies will attack and weaken, or eliminate the germ causing the infection. The antibodies remember this germ if it returns. This makes the antibodies and your immune system stronger by recognizing and attacking the germ faster. This is known as **immunity** which can last up to your whole lifetime in some cases.

Vaccines assist your immune system by introducing a very weak or dead germ. This causes the antibodies to fight off the “infection,” leading to a more efficacious immune response in the future.

What is “Herd Immunity”?³

Bacteria and viruses move quickly throughout a community making lots of people sick. If enough people get sick, an outbreak can occur. However, if enough people are vaccinated against a disease, those bacteria and viruses cannot move through the community as quickly. Thus, the entire population is less likely to contract the disease. This means that even those who cannot get vaccinated will still have some protection from getting sick.

It should also be noted that several of the diseases we get vaccinated for are still prevalent in other countries. Therefore, if you are traveling outside of the US, check the CDC’s website (www.cdc.gov) for important information on travel vaccines.

What are in vaccines?²

Vaccines contain a special ingredient called an **antigen**, which allows the body to develop immunity against the disease it is trying to prevent. They also contain very small amounts of other ingredients that help to make the vaccine work and/or ensure it is safe and effective.

Type of Ingredient	Examples	Purpose
Preservatives	Thimerosal	To prevent contamination
Adjuvants	Aluminum salts	To help stimulate the body’s response to antigens
Stabilizers	Sugars, gelatin	To keep the vaccine potent during transportation and storage
Residual cell culture materials	Egg protein	To grow enough of the virus or bacteria to make the vaccine
Residual inactivating ingredients	Formaldehyde	To kill viruses or inactivate toxins during the manufacturing process
Residual antibiotics	Neomycin	To prevent contamination by bacteria during the vaccine manufacturing process

*The United States’ long-standing vaccine safety system ensures vaccines are as safe as possible.

References:

1. Vaccines & Immunizations [Internet]. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention; 2018 [cited 2018Jul20]. Available from: <https://www.cdc.gov/vaccines/vac-gen/why.htm>
 2. CDC Features [Internet]. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention; 2017 [cited 2018Jun25]. Available from: <https://www.cdc.gov/features/adultvaccinations/index.html>
 3. U.S. Department of Health and Human Services. Vaccines Protect Your Community [Internet]. Vaccines.gov. U.S. Department of Health and Human Services; 2006 [cited 2018Jun25]. Available from: <https://www.vaccines.gov/basics/work/protection/index.html>
 4. U.S. Department of Health and Human Services. (2006, October 11). Vaccines Protect You. Retrieved from <https://www.vaccines.gov/basics/work/prevention/index.html>
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Sports Physicals

Don't forget to get your sports physical completed before the start of the new school year!

The State Wellness Center offers sports physicals for individuals ages 12 years and older for zero co-pay. They are available by appointment only.

Make your appointment today: (334) 263 – 8470



State Wellness Center

101 S. Union Street
Montgomery, AL 36104

Please let us know how we are doing by completing a survey at the following link:

https://auburn.qualtrics.com/S/?SID=SV_3DXRxyUp8KC7Lzn

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State and Local Government employees in SEIB/LGHIB approved health plans, along with State retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to patients located in Montgomery. Please designate the site where you would like your medication delivered. If it is to your residence, someone must be available at the home to receive the delivery.

State Wellness Center

Services Include:

The SWC has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, physicians, and nurses who work closely together to take care of your health and wellness needs.

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (age 12 and up)

State Wellness Center

Events:

August 8th 11am &

12:30pm –

SWC Learn at Lunch:

Vaccinations

August 15th at 2pm –