



GLOBAL HEALTH **PHARMACY**

ASK YOUR GLOBAL HEALTH PHARMACIST

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FLU SEASON IS HERE –THE FLU AND YOU

Flu Season Is Here: Seniors and Friends - Take Note

The flu can hit anyone, especially seniors and those who are immune compromised, like a ton of bricks. That's because their immune systems weaken with age and/or other ailments. If you're over 65, or care for someone who is, or if you have or had had another disease state that has compromised your immune system like heart, liver or kidney transplant, keep the following in mind as we head into the flu season. As for the rest of you? We have a message or two for you, as well.

A better match:

Last year, seniors really bore the brunt of the flu season. Sixty percent of flu-related hospitalizations and nearly 80 percent of deaths were among those 65 or older. One problem was that last year's main strain of flu (H3N2) wasn't included in the vaccine. So the vaccine was only 13 percent effective against it.

This year's flu vaccine should be a better match for calculating strains of flu, according to U. S. officials. There's also adequate supply of vaccine.

Long-term protection:

More good news? A recent study has found that flu vaccines offer moderate protection for about six months. That's the length of most flu seasons. The study's findings suggest that a flu in early fall may prevent the greatest number of cases.

The common good:

The CDC recommends that everyone 6 months and older be vaccinated each year, but only about half of all Americans do.

Even if you're young and healthy, getting a flu shot is important. And it may be one of the nicest things you do for neighbors – especially those older than 65 or younger than 2, pregnant women, immune compromised patients (weak immune system), or those with chronic health problems. By protecting



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yourself, you also help protect others. A recent study showed that higher vaccination rates among young and middle-age adults may lower the risk of flu among older people.

Choices:

Vaccines come in many forms, including:

- a) A shot
- b) A nasal spray
- c) An ultra-thin needle (intradermal flu vaccine)
- d) Egg-free for those who are allergic to eggs
- e) High-dose flu shot, which prompts a stronger immune response in seniors

Talk to your doctor or your Global Health Pharmacist about your best option.

Seniors are at great risk for PNEUMONIA – a complication of flu. So find out whether you also need the pneumonia vaccine.

Stop flu in its tracks:

If you do get the flu, you can help prevent its spread:

- a) Wash your hands often.
- b) Cover your mouth when coughing or sneezing.
- c) Take the antiviral drugs such as Tamiflu or Relenza, if prescribed. These drugs attack the flu virus and stop it from growing.

You can get your flu shot right here at Global Health Pharmacy. Global Health Pharmacists are ready and willing to make this as easy as we can for you. So don't delay. GET YOUR FLU SHOT TODAY.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

References:

- 1) HealthDay: This year's Flu Vaccine Should Be Better Match: CDC. Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_154680.html Accessed 10-05-15
- 2) Flu.gov: Seniors at Risk for Flu. Available at: <http://www.flu.gov/at-risk/seniors> Accessed 10-05-15
- 3) WebMD: Seniors Bear Brunt of This Flu Season. Available at: <http://www.webmd.com/cold-and-flu/news/20150305/seniors-bear-brunt-of-this-flu-season> Accessed 10-05-15