



## ASK THE SOCIAL WORKER: PPV VACCINATION

**Question:** I had a PPV vaccination about 8 years ago. I'll be 66 years old in two months and am wondering if I should get another vaccination. Can you tell me more about the PPV vaccination?

**Answer:** I am glad you asked about PPV, the Pneumococcal Polysaccharide Vaccine. This vaccine guards against 23 types of pneumococcal bacteria. A pneumococcal disease can cause serious illness and death. The disease can lead to pneumonia, an infection of the lungs; bacteremia, a blood infection; and meningitis, an infection of the covering of the brain. Pneumococcal diseases kill more people in the U.S. each year than all other vaccine-preventable diseases combined. Since the disease has become more resistant to drugs, such as penicillin, cures are more difficult to achieve, making prevention through vaccinations more important than ever.

I suggest you talk with your physician about the vaccine since the Centers for Disease Control and Prevention (CDC) has identified adults 65 years of age or older as one of the groups of people who are at risk of getting the pneumococcal disease. Also, this group is more likely to die from the disease.

Usually one dose of PPV is all that is needed to protect against the pneumococcal bacteria. Most healthy adults develop protection to most or all of the

types of pneumococcal bacteria within 2-3 weeks of getting the vaccination. However, very old adults, children under age 2 and people with a long-term illness may not respond as well.

A second dose of the PPV is often recommended for adults and children who have certain illnesses or were previously vaccinated. Since you were vaccinated 8 years ago, you may be a candidate for another dose of the PPV. The CDC recommends a second dose for people 65 and older who received their first dose before age 65, if 5 years or more have passed since that dose.

Again, check with your physician as he or she is familiar with your health history and can advise you accordingly. Also, be sure to visit the CDC's Web site at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines), "Vaccines & Immunizations – Vaccines & Preventable Diseases" or call (800) 232-4636 to gather more information so you can make an informed decision.

*Source: Centers for Disease Control and Prevention, Vaccines & Immunizations, [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).*

## JOKE OF THE MONTH

**"I do not participate in any sport with ambulances at the bottom of a hill."**

— Erma Bombeck, [www.basicjokes.com](http://www.basicjokes.com)

Laughter is known to boost the immune system, lower blood pressure, burn calories and release pleasure-inducing chemicals in the brain.

## CONTRIBUTORS

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## BROCHURE NOW AVAILABLE FROM THE MPPAF: HEALTHY AGING

The MPPAF's Social Services Department is distributing a new brochure titled "Healthy Aging" that covers a number of important topics, including:

- Staying Fit
- Healthy Diet
- Preventing Falls
- Mental Wellness
- Medication Use
- Tests, Checkups and Shots

The brochure is easy to read, informative and provides practical tips on aging.



It is free to all employees or retirees of the theatrical and motion picture distribution, production and exhibition industries.

Call the MPPAF Social Services Department toll-free at (888) 994-3863, ext. 2390, to request the free brochure. As always, MPPAF social workers are available to provide free consultations to those who are facing life's challenges. Information, referrals and helpful brochures are readily available to alleviate many of life's concerns and help prevent future challenges.

## NEW ADDITIONS TO THE MPPAF'S NATIONAL RESOURCE DIRECTORY

### **National Heart Lung and Blood Institute: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)**

The Institute plans, conducts and coordinates program of clinical research regarding diseases of the heart, lungs, blood and blood vessels, as well as sleep disorders. Their Web site provides a "Diseases and Conditions" index for the benefit of the public.

### **[www.healthfinder.gov](http://www.healthfinder.gov)**

This Web site provides reliable information regarding drugs, illnesses, treatments and wellness tips. It is sponsored by the U.S. Office of Disease Prevention and Health Promotion.

### **National Institute of Allergy and Infectious Diseases: [www3.niaid.nih.gov](http://www3.niaid.nih.gov)**

The Institute is the nation's principal supporter of food allergy research. Its Web site provides the "A-Z Health & Science Topics" index, which has dependable information about infectious, immunologic and allergic diseases.



### QUOTE OF THE MONTH

“You can't have a picnic unless the party carrying the basket comes.”

— Will Rogers

### QUESTIONS OR COMMENTS?

Call Karen Wiener, Manager of Social Services at (888) 994-3863, ext. 2390, or write to [karen@wrmail.org](mailto:karen@wrmail.org).