

Vaccine

Receiving recommended vaccinations helps to keep women healthy throughout their lives and can help to protect your baby if you are or plan to become pregnant. At Women's Health Group, we offer three vaccines important to women.

Flu Vaccine

The flu vaccine will protect you and, if you are pregnant or recently deliver, it will also protect your baby. It is recommended that everyone over the ages of 6 months should receive a flu vaccine every year. In addition, it is important for pregnant women to receive the vaccine to prevent serious complications from the flu and to protect your baby from the flu, since your baby will not be able to receive a flu vaccine for the first 6 months of life.

For more information about the flu vaccine, please visit: <http://www.cdc.gov/flu/protect/keyfacts.htm>

You may view the flu Vaccine Information Statement at: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.html>

Tdap Vaccine

The Tdap vaccine protects against tetanus, diphtheria, and pertussis. Pertussis, or whooping cough, is caused by a toxin-producing bacterium. These toxins primarily damage the lungs. People with pertussis usually have painful spasms of coughing. In some cases, the coughing can be so severe that people crack their ribs. Pertussis is highly contagious and is spread by coughing and sneezing. It is most severe in very young people under one year, but it can cause severe illness in everyone.

Babies cannot receive the vaccines that protect against pertussis until they are 2 months old, and they won't receive good protection until they have had booster doses several months later. The CDC recommends vaccinating people around these infants to protect them from disease. People who should get the flu and whooping cough (Tdap) vaccines are:

- Pregnant women
- Parents, grandparents, and household members including brothers and sisters
- Babysitters and caregivers including daycare workers
- Health care personnel in hospitals and clinics
- Any loved ones who are in close contact with an infant

For more information about the Tdap vaccine, please visit:

<http://www.cdc.gov/pertussis/vaccines.html>



You may view the Tdap Vaccine Information Statement at: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/td-tdap.pdf>

HPV Vaccine

Genital human papillomavirus (HPV) is the most common sexually transmitted infection (STI). There are more than 40 types of HPV that can infect the genital areas of males and females. These HPV types can also infect the mouth and throat. HPV is the main cause of cervical cancer. At least half of sexually active people will have HPV at some point in their lives. 95% of cervical cancer cases are caused by HPV.

Four types of HPV can be prevented by the Gardasil® vaccine, offered at the Women's Health Group. The vaccine prevents against the strains that cause approximately 70% of abnormal changes in the cells of the cervix, leading to cervical cancer. It also protects against 2 strains that cause genital warts. Three doses of the vaccine are needed in order for the vaccine to provide full protection. The vaccine protects best when given before a person is sexually active, therefore it is recommended for ages 11-13. People 13-26 years of age should still get the vaccine series if they did not get it between the ages 11-13. The most common side effect is soreness where the shot was given. Gardasil® is given in three doses over 6 months. It is important to get all three shots.

For more information about the HPV vaccine, please visit: <http://www.cdc.gov/vaccines/vpd-vac/hpv/vac-faqs.htm>

You may view the HPV Vaccine Information Statement at: <http://www.cdc.gov/vaccines/hcp/vis/vis-statements/hpv-gardasil.pdf>

Want a reminder about when you need your next dose of Gardasil ®? Sign Up here: <http://www.gardasil.com/why-3-doses/dosage-reminders-gardasil/>