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Pneumonia: Not Getting Vaccinated May Take Your Breath Away

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Over the Counter



Rodney G. Richmond, RPh, MS, CGP, FASCP
Harding University College of Pharmacy

Pneumonia: Not Getting Vaccinated May Take Your Breath Away

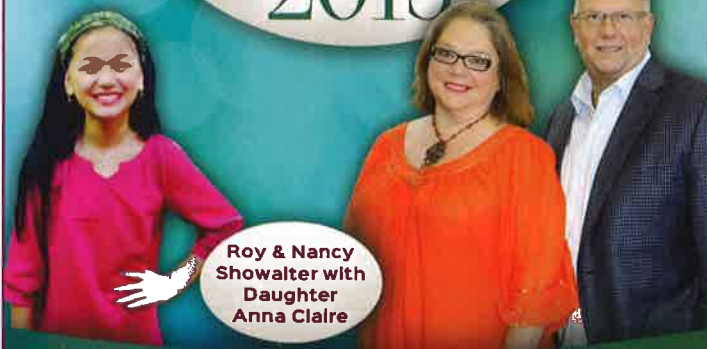
By William Doles, PharmD and Rodney Richmond, RPh, MS, CGP, FASCP

How many of our readers out there are afraid to receive a shot? Well, maybe you are not afraid, but maybe you do avoid receiving shots because you do not like them? This was the case for my grandmother several years ago. She did not like receiving shots, so she refused to have her pneumonia vaccine when it was offered. She eventually ended up with a case of pneumonia that nearly cost her life and actually left her with permanent lung damage. I tell you this story in hopes that you will choose to receive your pneumonia vaccine if it is recommended. Pneumonia is an infection of the lungs that can be caused by many different types of bacteria, viruses, or fungi that are commonly seen in Arkansas. The adult vaccine provides protection against 23 of the most common strains of bacteria

responsible for causing pneumonia. This means that it is still possible to contract pneumonia after receiving the vaccine, but your chances are greatly reduced. The pneumonia vaccine is recommended for all people over 65, any residents of a nursing home, those with a poor immune system, or patients who smoke. Most people only require one dose for life, so it is not necessary to get one every year like the flu vaccine. Pneumonia is a potentially deadly infection, so talk to your healthcare provider today about whether the pneumonia vaccine is right for you. Thank you for taking the time to read this medication tip brought to you by the Harding University Center for Drug and Health Information. ♦

“Most people only require one [pneumonia vaccine] dose for life, so it is not necessary to get one every year like the flu vaccine.”

Wishing You
Blessings for
2015



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Showalter with
Daughter
Anna Claire

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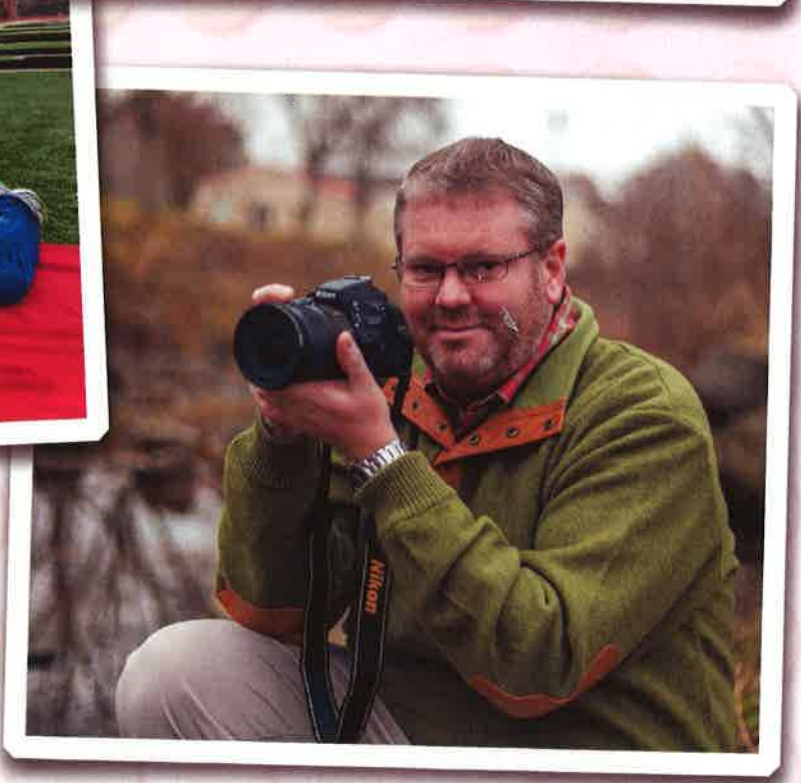
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Putting on the Ritz

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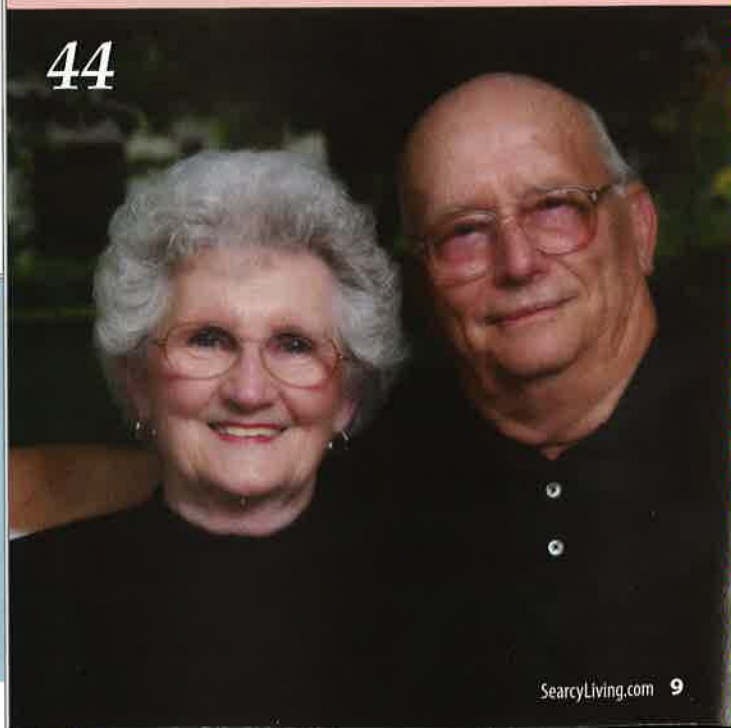
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“The difference between winning and losing is most often not quitting.”

—Walt Disney

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On the Cover

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& DAUGHTER ABIGAIL**

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