

Importance of vaccination for adults

The advent of vaccines has had a positive impact on the longevity and quality of life, disease incidence and economic benefit to the vaccinated. It is well known that vaccinations protect infants and children from dreaded diseases such as polio, measles, mumps, rubella, diphtheria and tetanus. What many do not know is that it is important to vaccinate adults too.

There are two types of immunisation — active and passive. Most vaccines induce active immunity by stimulating the production of antibodies in the host. Passive immunisation involves the administration of antibodies against specific diseases. Most adult vaccines are administered intramuscularly or subcutaneously, usually in or over the deltoid muscle. It is imperative to maintain permanent immunisation records that include the type of vaccine used, dose, site and route of administration, the date it was administered.



THE FOLLOWING ARE DISEASES PREVENTABLE BY VACCINE IN ADULTS:

Pneumococcal Infections: Pneumonia is a serious lung infection that can be fatal, especially in older adults, individuals with underlying medical conditions and those with a weakened immune system. The pneumococcal vaccines protect against many of the types of pneumococci.

Influenza: Commonly known as the flu, influenza is a highly contagious viral infection that occurs in outbreaks worldwide. An intramuscular single-dose of the vaccine is recommended yearly for all adults. It should be administered before the flu season.

Tetanus, Diphtheria, Pertussis: Tetanus is an infection caused in wounds by a bacterial toxin. Diphtheria is a usually illness caused by a bacterium that is mostly transmitted via droplets coughed or sneezed into the air. Pertussis, or whooping cough, is an upper respiratory illness caused by a bacterium called *Bordetella pertussis*. Adults under the age of 65 who have not had the combined

tetanus-diphtheria-pertussis vaccine (Tdap) should get one dose of it instead of their most regular tetanus booster (Td). Followed by the Td booster every 10 years. Measles-mumps-rubella (MMR): Measles, mumps, and rubella are transmitted by infected patients who release airborne droplets while coughing or sneezing. Vaccinating women pre-pregnancy can help eliminate the most dreadful consequences of rubella, including miscarriage, fetal death, and congenital rubella syndrome. Varicella (chickenpox): Chickenpox is a highly contagious viral illness caused by infection due to the varicella-zoster virus (VZV). The disease causes fever, sore throat and a distinctive, itchy blisters rash that later forms scabs. Two doses of varicella vaccine are needed, with the second dose administered four to eight weeks after the first.

Herpes zoster (shingles): Herpes zoster, also known as shingles, is caused by varicella-zoster virus, the same virus that causes chickenpox. Shingles can occur in individuals of all ages, but it is uncommon in children, adolescents and young adults. There is a vaccine that has been approved for adults who are 60 years or older to reduce the chance of developing shingles. Hepatitis B: Inflammation of the liver (hepatitis) is caused due to infection by certain viruses, including hepatitis B virus (HBV). The vaccine is usually given in three doses, with the second and third doses given one month and six months after the first dose. Hepatitis A: Hepatitis A is caused due to infection by the hepatitis A virus (HAV) and it is one of the most common viral infections in children and adolescents. A vaccine is available to prevent infection with HAV.

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Track ovarian reserve if you want to postpone pregnancy

According to the changing demands of today's constantly-evolving life, women are always juggling their careers and their personal lives. Awareness about fertility and related issues is essential so that women can give birth if they wish to without undergoing extensive and expensive fertility treatments. Fertility declines with advancing age and the ovarian reserve — the number of eggs in a woman's ovary — diminishes. Women are born with a fixed number of eggs. At birth, there are millions of eggs in a woman's ovary. But as she loses over the course of childhood, by puberty only 1 to 5 lac eggs survive. During every



menstrual cycle, 30 to 30 eggs are released for growth out of which only one matures for fertilisation. The other eggs perish. Many of the eggs may be of poor quality and may not be genetically abnormal. As a result, hundreds of eggs perish every year. Comparison of age of menopause and declining fertility rate between Indian and Western women

- Difficulty in getting pregnant
- Later onset menstrual periods
- Shorter menstrual cycles than the average of 28 days
- Miscarriages
- Why ovarian reserve declines
- Aging
- Previous history of chemotherapy and radiation for cancer
- Obesity (BMI Higher than 30)
- Surgery on ovaries for ovarian cancer, endometriosis, large cysts, excessive drilling in PCOS
- Smoking, alcohol, exposure to toxic chemicals
- Auto-immune disorders
- Genetic abnormalities

that may also help. In extremely low AMH, oocyte donation is an option. There are some ovarian reserve tests which correlate with the fertility status of a woman. The purpose of ovarian reserve testing is to accurately evaluate a couple's chance of success with fertility treatments, particularly IVF. Based on the test results, a fertility specialist can guide you on whether to postpone the pregnancy or prioritize it. These tests need to be repeated every year as there can be drastic declines in some cases due to various reasons. Single women with accelerated decline of ovarian reserve can opt for oocyte freezing as a method of fertility preservation.

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EVENTS

DANCE

Chhapanam
Near Dyer's Tower, Hill City Main Road, Madhapur
A Bharatanatyam performance by Nehitha
Monday, January 19, 8.30 pm

ART

Art Exhibition
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CINEMA

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TELEVISION MOVIES ON TV

Zee Action
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