



Age Old Wisdom

THE VALUE OF VACCINATIONS

According to a report issued by the Centers for Disease Control and Prevention, in January of 2013, only 62 percent of seniors aged 65 years and older received the pneumococcal vaccine, just over 50 percent got their tetanus vaccine, and only 15 percent were vaccinated against shingles. These are rather disappointing numbers in light of the fact that our immune system loses some of its protective ability as we age. At the same time, many seniors develop chronic health conditions that render them more vulnerable to infection. These age-related problems are borne out by statistics that show that 85 percent of all pneumonia and influenza deaths in 2010 occurred among people aged 65 years and older.

Deutsches Altenheim is pleased to present you with interesting and informative topics regarding seniors. We encourage our senior residents to maintain a healthy diet and to take advantage of preventative care options.

P.S. Up to half of untreated people in the 65-and-older age group who get shingles develop a painful complication known as “postherpetic neuralgia.”