AGING AND IMMUNITY THE IMPORTANCE OF VACCINES

PART 1: IMMUNITY AS WE AGE

IMMUNITY WANES IN ADULTS OVER 50, EVEN IF THEY'RE HEALTHY



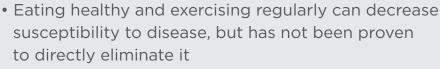
- There aren't as many cells that prevent infection
- Cells that produce antibodies don't work as well as when the body was younger
- The body makes more molecules that increase inflammation

THE IMPACT OF WANING IMMUNITY



- Greater susceptibility to diseases like influenza and shingles
- Greater likelihood that illnesses may be more severe and will prevent adults from going to work, enjoying leisure activities, and being with family

EVEN WITH A HEALTHY LIFESTYLE, DECLINING IMMUNITY HAPPENS TO EVERYONE



 The only way to boost the immune system and prevent disease is by getting recommended vaccines

HEALTHCARE PROFESSIONALS CAN BE LEADERS IN ENCOURAGING VACCINATION BY PRACTICING THE 4Rs

- RECOMMEND vaccines during each encounter as strongly as you can
- REPEAT the recommendation at each visit
- **REMIND** your patients that it is time for their vaccines
- REVIEW vaccine recommendations with your patients regularly to ensure they have received them

Learn more at www.navp.org/immunityguide

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