

Adolescent-Young Adult Medicine
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IMMUNIZATION NEWS 2019

The past decade has witnessed important new developments and recommendations for protecting adolescents and young adults from serious illnesses through the use of vaccines. The most current recommendations from the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) are summarized below; also, on websites: www.CDC.gov or www.AAP.org.

Immunization coverage issues have been in the news recently related to the *Measles* and *Mumps* outbreaks over the past few years, especially notable at colleges where people live in close quarters, some areas of NYC and some locales around the world. The *Measles, Mumps and Rubella vaccine (MMR)* is recommended as a 2-dose series at ages 12-15 months and 4-6 years of age but immunity may wane over time in some people. Although there is no current official recommendation, we are able to check a person's immunity through a blood test and can offer this as an option during the pre-college visit and for other high-risk situations if desired including upcoming travel. Please let us know if this is something you would like us to test.

We review the immunization status of our patients at their initial and annual check-up visits and update their coverage, as needed. In addition, we administer all travel immunizations at our office. We want to highlight two recent changes related to *Influenza* and *Japanese Encephalitis* vaccines that may be of interest.

For patients under age 18, we must receive parental consent for any immunization and ask parents to please sign the attached consent form and mail, email or fax it back to us as soon as possible and prior to the annual check-up visit.

Vaccine Information

Influenza Vaccine: A "flu shot" against influenza is recommended for all Americans. Egg allergy is NO LONGER a contraindication to receiving this vaccine. **Of particular note: The attenuated live virus nasal Flu-Mist vaccine will be offered again for the 2019-20 influenza season due to improvement in effectiveness.** We recommend that *all* our patients receive a flu vaccine each fall, and in particular those with asthma or other chronic respiratory or other medical conditions; smokers or those exposed to tobacco smoke.

Japanese Encephalitis (JE) Vaccine: An immunization used to combat a mosquito-borne viral infection found mainly in rural areas of Asia that can cause serious neurologic issues. It is recommended for longer term (>1 month) travel to areas where the infection is endemic. Recommended dosing intervals for JE vaccine have been a two-dose series given at day 0 and 28. **Recent studies of immunity have allowed this dosing schedule to be changed to day 0 and 7-28 days for people ages >18.**

Menactra: Strongly recommended at age 11-12 years (or catch-up later in adolescence) to protect against the devastating infection of meningococcal meningitis. A second booster dose is recommended at age 16 or 5 years after the first dose. Menactra protects against meningitis serogroups A, C, W and Y. **In New York State, Menactra (or Menveo) is required for entry into 7th grade and a booster dose after age 16 for entry into 12th grade.**

Meningitis B (Bexsero or Trumenba): Recent epidemics of meningitis, particularly on college campuses, have been caused predominantly by meningitis serogroup B, since this serotype is not present in **Menactra** or **Menveo**, both in wide use in recent years, and required by most colleges. In accordance with CDC guidelines, we recommend either of the Men B vaccines for our patients ages 16-23 years who are soon to attend or currently attend college or boarding school. Since meningitis B can occur at *any age*, we suggest our patients preferably receive the Men B vaccine at age 16-17, administered around the same time as the second Menactra. Younger patients, at least age 10, who are medically at high risk of acquiring meningitis B, may also receive this vaccine. Either vaccine can now be administered in a **two-dose series**, Bexsero at least **one month apart** and Trumenba at least **6 months apart**. These two vaccines are comparably effective, and which one is chosen may depend on its availability or the patient's schedule.

Gardasil 9-HPV Vaccine: Human papilloma virus (HPV) is by far the most common sexually transmitted infection in the United States. The inactivated vaccine now protects against *seven* types of HPV (16, 18, 31, 33, 45, 52, 58) which cause **90%** of cervical cancers (*as well as other types of oral, anal and genital cancers in males and females*) and two types (6, 11) which cause 90% of genital warts. We recommend this vaccine for our **female and male patients** at ages 9-14 years, to achieve an **optimal immune response** and generally before sexual activity begins; recommended also for older adolescents and young adults if not already immunized. **The dosing schedule for 9-14 year olds is only two doses of HPV9 at least 6 months apart** because of their superior immune response. **Teens and young adults >15 years still need three doses, administered at 0, 2 and 6 months.** Many of our patients have already received the Gardasil-4 vaccine, and the CDC has NOT recommended that these individuals be re-immunized with Gardasil-9; however, it is safe to re-immunize with Gardasil-9 if clinically indicated and/or if a patient requests re-immunization.

Tdap: This vaccine protects against Tetanus, diphtheria, and pertussis (whooping cough) and is recommended as a one-time booster at age 11-12 years or at any time in adolescence or adulthood if not already received. A booster shot of Td (or Tdap) is recommended at least every 10 years thereafter. Booster doses of Tdap are also recommended for pregnant women and adults in close contact with infants.

Hepatitis A Vaccine: Hepatitis A virus is transmitted via contaminated food or water or among close contacts, causing an illness with an abrupt onset of fever, nausea, abdominal pain and jaundice. The inactivated vaccine, in use since 1995, has recently been recommended to include *all children in the United States between 1-2 years of age*. The vaccine is administered as a two-dose series 6-12 months apart. We recommend this vaccine for our patients who have not already received it.

Varicella (Chickenpox) Vaccine: A second dose is recommended for individuals who previously received only one dose. Anyone who has had chickenpox disease does not need to be immunized.

Pneumococcal Vaccine: *Streptococcus pneumoniae* (pneumococcus) causes pneumonia, meningitis, middle ear and blood infections. In **November 2009** the CDC expanded its recommendation for use of the pneumococcal vaccine Pneumovax-23 to include individuals 19 years and older with asthma or who smoke. Children, adolescents and young adults with chronic illnesses including diabetes and liver disease should also receive Pneumovax-23. Children, adolescents and young adults with immuno-compromising conditions or on immunosuppressive medications, or lacking a functional spleen, should be immunized with both Prevnar-13 and Pneumovax-23, in sequence. The ideal schedule is to use Prevnar-13 followed at least 8 weeks later with Pneumovax-23. For those who already received only Pneumovax-23 (an older vaccine), Prevnar-13 is administered at least 8 weeks later in children and 12 months later in individuals who have turned 19.

Travel Shots are available at our office for those adolescents and young adults who will be traveling to work, study or sightsee in countries where specific vaccines are recommended to decrease risk of acquiring serious infectious diseases. We are delighted to be included in these adventures by providing the needed immunizations, malaria prevention medication, and other travel advice. We administer all travel shots in our office (excluding **Yellow Fever** as it is in short supply); most commonly **Hepatitis A, Typhoid** (or we will provide an oral Typhoid vaccine prescription), **Hepatitis B**; boosters of **Polio, Tetanus, MMR** (measles, mumps, rubella); even, in certain situations, **Rabies and Japanese encephalitis vaccines**.

We suggest the following:

1. First consult the CDC website www.CDC.gov for information regarding your specific destination, including suggested immunizations and malaria prophylaxis.
2. Call us, if possible, at least **six weeks** in advance of the trip, so we may schedule a **Travel Visit** at the optimal time, and order any vaccines for you that we do not routinely stock.
3. If malaria medication is indicated, let us know the **total number of days** you will be in the at-risk location; the CDC website provides very detailed information regarding your specific itinerary.

Parent consent form on next page!

PARENT CONSENT FORM FOR IMMUNIZATIONS

Please return this form to us well in advance of the check-up visit by mail, email or fax. If you have any questions after reading our materials and consulting the recommended websites, please call us *at least several days* prior to the visit. We would prefer to devote all of the check-up time to your child's visit and not to lengthy discussion about these immunizations. Thank you so much!

I give consent for my child(ren) _____
to receive the following immunizations at their up-coming visit ***if they are due to receive them.***

Start the two-dose series of **Hepatitis A vaccine.** Signed _____
Date _____

Start the three-dose series of the **HPV vaccine, Gardasil.** Signed _____
(Specify which child or children) Date _____

Give the second booster dose of **varicella (chickenpox)** vaccine. Signed _____
Date _____

Give the **Tdap** vaccine if not already received. Signed _____
Date _____

Give the **Menactra** vaccine if not already received,
or booster after 5 years. Signed _____
Date _____

Give **Bexsero or Trumenba**
(Meningitis B vaccine), if indicated Signed _____
Date _____

Give the **Pneumococcal** vaccine, if indicated. Signed _____
Date _____

Give injectable **Flu vaccine** (in the fall.) Signed _____
(you may request Flu-Mist, if you prefer) Date _____

Give the following **travel shots** for the destination of _____
Specify shots: _____ Signed _____