

## ***Health and Wellness News for August***

### August is **National Immunization Awareness Month**

Shingles, the adult version of our childhood chickenpox, can be a painful illness before, during, and long after the actual skin rash is present.

Zostavax, became available for use by adults over the age of 60 years over a decade ago.

Follow up research on the Zostavax vaccine showed that:

- It is approximately 50% effective in adults' age 60 years.
- The protection from the vaccine began to weaken after 3 years.
- Prevention of post infection pain syndrome was 67%
- Older age at the time of vaccination was associated with lower levels of protection for even shorter duration of time.
- Individuals with immune system disorders, taking immunosuppressant medications, or receiving cancer treatments are not able to use this vaccine because it is a live vaccine.
- Live Vaccine

Continued vaccine research efforts have led to the development of a new vaccine for shingles called Shingrex.

The Centers for Disease Control and Prevention ( CDC)'s Advisory Committee on Immunization Practices (ACIP) had voted in favor of this new vaccine, and The Food and Drug Administration ( FDA) have approved its use.

The new Shingrex immunization consists of 2 doses administered 2-6 months apart, and has a number of advantages over the older vaccine.

- The Shingrex vaccine is indicated for adults over the age of **50** years.
- Clinical trials showed the vaccine is greater than 90% effective in all groups.
- Vaccine protection against the shingles related pain syndrome is approximately 89% in Individuals age 70 years.
- Shingrex is **NOT** a live vaccine like the zostavax vaccine therefore, individuals with a weakened immune system **can** safely receive the new vaccine.
- Shingrex will most likely be recommended for individuals who have already had the zoster vaccine in the past.

### **\*\*Soups On Ministry**

Our Soup Ministry was a great success this past winter thanks to our volunteer teams. Soup and Bread makers included Marianne Huff, Marilyn Buchanan, Alexis Burkett, Marat Moore, Irene Mitchell, Karen Welch, Kathie Dameron, Joanne Comer and Rebecca Comer. If you would like to contribute **\*\*meals this summer\*\*** please contact me at 901-485-4280 or [misselaine57@yahoo.com](mailto:misselaine57@yahoo.com).

### **Vital Signs**

Blood Pressure Screenings, Medication questions and conversations with the Parish Nurse are held every 4<sup>th</sup> Sunday in the Fellowship Hall. Stop by and say hello!

**Parish Nurse, Carol Jernigan**, is available for hospital visits, transportation to doctor appointments and home visits. Please call the church office to set up an appointment.

*Carol Jernigan, Parish Nurse*