



## Sixth Avenue Baptist Church Health and Wellness Ministry

August 2017



### Recognizing National Immunization Awareness Month (NIAM)

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

#### **Babies and Young Children**

Vaccines give parents the safe, proven power to protect their children from serious diseases. Parents can provide the best protection by following the recommended immunization schedule – giving their child the vaccines they need, when they need them.

Babies receive vaccinations that help protect them from 14 diseases by age 2. It is very important that babies receive all doses of each vaccine and receive each vaccination on time. After age 2, children are still recommended to receive a yearly flu vaccine. Children are also due for additional doses of some vaccines between 4 and 6 years of age. Following the recommended immunization schedule is one of the most important things parents can do to protect their children's health. If a child falls behind the recommended immunizations schedule, vaccines can still be given to “catch-up” the child before adolescence.

Child care facilities, preschool programs

#### **School-aged Children**

Getting vaccinated according to the recommended immunization schedule is one of the most important things a parent can do to

protect their child's health. Diseases can quickly spread among groups of children who aren't vaccinated. Whether it's a baby starting at a new child care facility, a toddler heading to preschool, a student going back to elementary, middle or high school – or even a college freshman – parents should check their child's vaccination records.

Child care facilities, preschool programs, schools and colleges are prone to outbreaks of infectious diseases. Children in these settings can easily spread illnesses to one another due to poor hand washing, not covering their coughs, and other factors such as interacting in crowded environments.

When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their play groups, child care centers, classrooms and communities – including babies who are too young to be fully vaccinated and people with weakened immune systems due to cancer and other health conditions.

#### **Preteens & Teens**

Preteens and teens need four vaccines to protect against serious diseases:

- Meningococcal conjugate vaccine to protect against meningitis and blood infections (septicemia).
- HPV (human papilloma virus) vaccine to protect against cancers caused by HPV.
- Tdap vaccine to protect against tetanus, diphtheria, and whooping cough (pertussis).
- A yearly flu vaccine to protect against seasonal flu.

Teens and young adults may also be vaccinated with a serogroup B meningococcal vaccine.



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Parents can send their preteens and teens to middle school and high school – and off to college-protected from vaccine preventable diseases by following the recommended immunization schedule.

### Psoriasis

Psoriasis is an immune-mediated disease that causes raised, red, scaly patches to appear on the skin.

It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. Some people report that psoriasis is itchy, burns and stings. Psoriasis is associated with other **serious health conditions**, such as diabetes, heart disease and depression.

#### How do I get psoriasis?

While scientists do not know what exactly causes psoriasis, we do know that **the immune system** and **genetics** play major roles in its development. Usually, something **triggers** psoriasis to flare. The skin cells in people with psoriasis grow at an abnormally fast rate, which causes the buildup of psoriasis lesions.

Men and women develop psoriasis at equal rates. Psoriasis also occurs in all racial groups, but at varying rates. About 1.9 percent of African-Americans have psoriasis, compared to 3.6 percent of Caucasians. Psoriasis often develops between the ages of 15 and 35, but it can develop

at any age. About 10 to 15 percent of those with psoriasis get it before age 10. Some infants have psoriasis, although this is considered rare.

Psoriasis is not contagious. It is not something you can "catch" or that others can catch from you. Psoriasis lesions are not infectious.

#### Where does psoriasis show up?

Psoriasis can show up anywhere—on the eyelids, ears, mouth and lips, skin folds, hands and feet, and nails. The skin at each of these sites is different and requires different treatments.

Light therapy or topical treatments are often used when psoriasis is limited to a specific part of the body. However, doctors may prescribe oral or injectable drugs if the psoriasis is widespread or greatly affects your quality of life. Effective treatments are available, no matter where your psoriasis is located.



For additional information or if you need Health and Wellness assistance, please contact Janie Stevenson-Davis R.N, Congregational Nurse, 321-1149 or [orjdavis@sixthavebaptist.org](mailto:orjdavis@sixthavebaptist.org)