

Importance of Booster Immunizations

Every year, thousands of adults suffer from severe illnesses, and many may even die, from diseases that can be prevented.

The good news is that you can protect yourself from some of these diseases, the best way is to get vaccinated.

Some vaccines are given in a single dose, but others need a booster to protect a person's immunity over time.

Each vaccine you get teaches your body how to fight that virus or bacteria.

When your body comes in contact with those germs again, it already has the ability to fight them and can prevent the infection.

But over time, as you age, your immune system gets weaker and many of the vaccines you got as a child get weaker too and you are no longer fully protected.

The bad news is, the germs that cause serious diseases are still out there, all around you.

The good news is you can help your body fight them again.

And the best way to do this is to stay up to date with your vaccines.

This may mean you need to get certain vaccinations again or it may mean you need a booster vaccine.

A booster amount of vaccine exposes your body to the germ again. Your body builds the antibodies back up to a level that can prevent infection.

Some routine vaccines that may require boosters include Td to fight against Tetanus and Diphtheria (recommended every 10 years), MMR to fight Measles, Mumps and Rubella, Varicella or Chickenpox Vaccine, HPV, and Flu. Your annual flu shot is actually a booster to help your body fight new strains of flu.

There are also several vaccinations that you may get when traveling that require boosters. If you plan to travel make sure you talk to your healthcare provider about which vaccines and boosters you will need to get the total dose required before your trip.

Work with your healthcare provider to make sure you stay up-to-date on all your vaccinations, including boosters. And keep a list of the vaccines and the date you received them with your medical records.

If you know you need a booster, schedule an appointment today so you can help your body fight off many serious diseases.