

HENDRICKS PHARMACY

THE CLAREMONT VILLAGE PHARMACYSM

International Travel Health Clinic Newsletter

September/October 2012

Located in the Claremont Village, Hendricks Pharmacy is your local independent pharmacy. We accept most insurance plans and offer FREE delivery. We also have a solution for you if you need help remembering to order your medications; it's the AUTOREFILL system. Hendricks Pharmacy also has an International Travel Health Clinic headed by our certified travel pharmacist, Dr. Karl Hess. The clinic is providing this newsletter as a way to keep you up-to-date on the latest travel news and to answer questions that are frequently asked by our patients. In addition, our travel clinic also provides comprehensive pre-travel consultations, during which, we will review your travel plans as well as your medical and vaccination history to determine the best pre-travel recommendations for you. This is extremely important to ensure that you are properly protected from various diseases and to give you peace of mind, allowing you to enjoy and make the most of your trip. Our personalized consultations will include all necessary vaccines as well as medications for malaria, altitude sickness, and traveler's diarrhea. We will also include specific travel advisories associated with your destination.

To set up your personalized consultation today, please fill out our pre-travel form online at www.HendricksPharmacy.com or call us at (909) 624-1611 or email us at Travel@HendricksPharmacy.com. You can also find us on Twitter @HendricksTravel.

Tdap Vaccination^{1,2}

What is the Tdap vaccine?

The Tdap vaccine is the first vaccine for adolescents and adults that protects against pertussis as well as tetanus and diphtheria. These are bacterial infections that are spread from person to person. Tetanus enters the body through cuts, scratches, or wounds.

- Tetanus, or lockjaw causes painful muscle spasm and stiffness which can lead to tightening of muscles in the head and neck so the victim cannot open his mouth, swallow, or sometimes even breathe. Tetanus kill about 1 out of 5 people who are infected
- Diphtheria can cause a thick membrane to cover the back of the throat and can lead to breathing problems, paralysis, heart failure and even death
- Pertussis, or whooping cough causes severe coughing spells which can lead to difficulty breathing, vomiting, and disturbed sleep.

Who should get the Tdap vaccine?

Tdap vaccine is recommended for preteens at ages 11 or 12 years for protection against tetanus, diphtheria and pertussis (whooping cough). Tdap is recommended as a booster to the DTaP vaccine in people ages 11-64. Adults ages 19-64 should receive one dose of Tdap instead of the Td vaccine, then have Td boosters every 10 years.

There are currently two vaccines available – Adacel® and Boostrix®. Both of these vaccines provide protection against diphtheria, tetanus and pertussis. Boostrix® is licensed for people ages 10 years and older, and Adacel® is licensed for people ages 11 through 64 years.

The following people should make sure they are up to date with their Tdap immunization, regardless of age:

- Adults who are in contact with infants under 12 months
- New mothers who have never received Tdap
- Health care workers who are in direct contact with patients
- Pregnant women after 20 weeks of pregnancy

Disease Spotlight: West Nile^{3,4}

West Nile virus (WNV) is a mosquito-borne disease that was originally found in Africa. As of 9/11/2012, there were 1086 cases have been reported in California this year, with 121 cases combined in the Los Angeles and San Bernardino Counties.

What are the symptoms of WNV?

Mild disease, generally called West Nile fever, may cause nonspecific symptoms such as abdominal pain, diarrhea, fever, headache, lack of appetite, muscle aches, nausea, rash, sore throat, swollen lymph nodes or vomiting. These symptoms usually last for 3-6 days. More severe symptoms include confusion, loss of consciousness, muscle weakness, stiff neck or weakness of one arm/leg. Immediate medical attention is needed.

How do I reduce the risk of being infected with WNV?

The best way to prevent West Nile virus infection is to avoid mosquito bites by wearing long sleeves and pants, draining pools of standing water, and using mosquito-repellent products containing DEET.

New Clinic Services: MTM⁶

What is MTM?

MTM stands for medication therapy management. Medications save or improve lives, but taking them incorrectly or in excess can worsen your health. Pharmacists have designed a formal but consumer-friendly program to review all current medications, assess medication-related problems and ensure optimum therapeutic outcomes through improved medication use.

What can MTM do for you?

Our pharmacists will work with you and your physician to help ensure the best possible medication regimen for you in order to optimize your health and to reduce the risk of adverse events.

How can I set up an appointment?

Contact us at (909) 624-1611 and set up an appointment today! A fee for the service does apply.

Emergency Preparedness⁵

The possibility of public health emergencies arising in the US concerns many people in the wake of recent hurricanes, earthquakes, acts of terrorism, and the threat of pandemic influenza. Although it is impossible to be prepared for unexpected events, taking preparedness actions will help dealing with disasters of all sorts much more effectively when they do occur.

In planning for emergencies, these differences make it important for every household and each individual to consider what they need in their plans and supplies. A few examples of consideration for tailoring your plans and supplies include:

- Individuals who are deaf or hard of hearing should make sure that they can receive emergency alerts and warning in an accessible form
- Individual who require accessible transportation should work with their local paratransit and disability service providers to make an emergency plan
- Households with infants should plan for food and supplies for infants and nursing mothers
- People with dietary needs should have an adequate emergency food supply to meet their needs
- People without vehicles should know local plans for public transportation and may need to make arrangements for transportation from local government, organizations or others.
- People who take medications should maintain an adequate supply, and copies of their prescriptions.
- People with service animals should work with local emergency management to ensure that their service dog will be admitted to shelters with them during emergencies (as required by law) and should make sure their plan kit supplies include food and other items for their service animal.
- People who require power for medical or other assistive devices should consider how they will maintain the use of these devices if there is a loss of power. Keep extra batteries for small devices (hearing aids, cell phones for example) and consider obtaining and learning how to use a generator for home use and carrying a charger when away from home, especially when loss of power may jeopardize health or safety.

References

1. Combined Tetanus, Diphtheria and Pertussis (Tdap) Vaccines. Centers for Disease Control and Prevention. Content last reviewed on July 12, 2012.
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3. Latest West Nile Virus Activity in California - California West Nile Virus Website, <http://www.westnile.ca.gov/>
4. West Nile Virus, A.D.A.M. Medical Encyclopedia. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0004457/>
5. Federal Emergency Management Agency (FEMA) and the Ready Campaign. www.ready.gov
6. A Program Guide for Public Health – Partnering with Pharmacists in the prevention and Control of Chronic Diseases. National Center for Chronic Disease Prevention and Health Promotion. www.cdc.gov/dhbsp/programs/nhdsp_program/docs/Pharmacist_Guide.pdf
7. Centers for Disease Control and Prevention. Prevention and control of influenza - Estimating Seasonal Influenza-Associated Deaths in the United States. Recommendations of the Advisory Committee on Immunization Practices (ACIP).

Fact or Fiction?⁷

1. The flu is not a serious disease.

Fiction: Each year, approximately 226,000 people in the United States are hospitalized or influenza or complications resulting from it. About 36,000 people die from flu and its complications, mostly people older than 65 years of age. Children younger than 2 years of age are also almost the most frequent victims of flu.

2. If I get a flu shot, I won't get the flu.

Fiction: Flu shots are rarely, if at all, 100% effective. Variables that influence efficacy include the closeness of the match between the circulating virus and the virus strains in the vaccine and patient characteristics such as age and immune system status.

3. If I get the flu, I can always take an antibiotic.

Fiction: The flu is a virus. Antibiotics only work against bacteria and therefore, will not help treat the flu.

4. Healthy people don't need a flu vaccine.

Fiction: The CDC recommends that everyone 6 months and older should get vaccinated against the flu every year.

6. You have to be vaccinated before December.

Fiction: The flu season usually begins in late October and lasts until mid-April. It takes about two weeks for your body to develop immunity to the flu once you are vaccinated. You can still get protection from the vaccine by getting a flu shot any time during the flu season.

Quick Travel Tips

- Learn about your destination on www.cdc.gov/travel.
- Visit a travel clinic or doctor 4-6 weeks before your trip to allow time for necessary vaccinations.
- Pack smart by bringing copies of your passport and itinerary in your luggage and at home with friends or family.
- Plan ahead for illness or injury by checking with your health plan to see if they will cover you abroad.

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For more information or to request an appointment, contact the clinic at

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