

# Bellevue Medical Partners, PLLC

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## Vaccine Updated Recommendations

Pneumovax 23 is carried in the office and is covered as part of your service fee.

Pneumovax 23 is carried in the office and is covered as part of your service fee. Plevnar 13 is a new vaccine that is not covered by your service fee. It is covered by Medicare Part B, and if you are an at-risk patient under age 65, coverage with your commercial plan can be verified by your pharmacy.

We can provide Plevnar 13 to you at our cost, or you can receive it at the pharmacy who can file directly with your insurance provider.

## Vaccine Updated Recommendations

The CDC now recommends that those over the age of 65 receive two separate vaccines to protect against pneumonia.

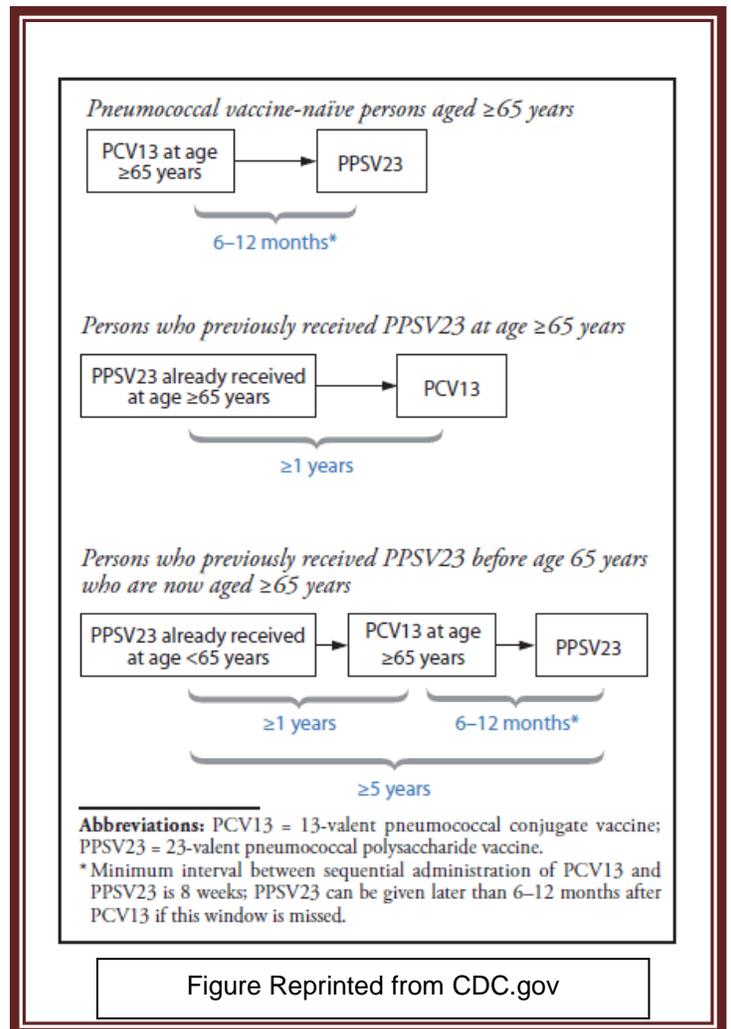
Previous recommendations were that those over the age of 65, along with select high-risk patients under age 65, receive the Pneumovax 23 vaccine (PPSV23). While this vaccine is protective against the complications of pneumococcal pneumonia such as bacteremia (bacteria in the bloodstream) and meningitis, it is less effective at preventing pneumococcal pneumonia itself. It is protective for 23 strains of Streptococcus pneumoniae, one of the bacterial causes of pneumonia.

The new recommendation is for those over 65 or high risks patients under 65 to also receive the Plevnar 13 vaccine (PCV13). Plevnar 13 covers 13 strains of Streptococcus pneumoniae, however this vaccine is made differently such that it is believed to trigger a stronger immune response which appears to more significantly reduce the incidence of

both pneumonia itself, as well as complications of pneumonia.

It is important to remember that Pneumococcal pneumonia is only one form of lung infection, and pneumonia can also be caused by viruses, fungi, and other bacteria. These vaccines therefore do not guarantee protection from all pneumonia.

Those over age 65 or high-risk patients under 65 should receive Plevnar 13 first if neither vaccine has been provided. This is followed by Pneumovax 23 6-12 months later. Those already vaccinated with the Pneumovax 23 should get Plevnar 13 one year after the Pneumovax 23. When vaccinated over the age of 65, both vaccines need to be given only once.



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E-mail: Feel free to use e-mail for *non-urgent* issues.

**Please be sure your updated insurance card is on file with us. We send this information with orders for lab work and imaging so that they can bill your insurance appropriately.**

Physicians will be out of the office for vacation on the following dates:

Dr Mills: Feb 16-20 and maternity leave starting April 20

Dr Williams: March 6, March 27, and April 6-10

Dr Kaner: Feb 12-13, Feb 27, March 19-20, and April 13-17

Dr Williams and Dr Mills split many half days on Tuesdays and Wednesdays.

## I'm under 65. Do I need pneumonia vaccination?

The answer depends on your other health conditions and is different for Pneumovax (PPSV 23) and Prevnar (PCV 13).

PCV 13 is recommended for adults ages 19-64 with immunocompromising conditions such as congenital or acquired immunodeficiency, HIV, chronic renal failure, nephrotic syndrome, leukemia, lymphoma,

Hodgkin disease, generalized malignancy, immunosuppression by long-term corticosteroids or chemotherapy, solid organ transplant, and multiple myeloma. Patients without a spleen, with cochlear implants, or with cerebrospinal fluid leak are also recommended to have PCV 13.

PPSV 23 is recommended for adults ages 19-64 with all of the above conditions, but also those who smoke

tobacco, have chronic heart disease such as congestive heart failure, asthma or COPD, diabetes, alcoholism, or chronic liver disease. PPSV therefore applies to more patients ages 19-64 than PCV 13.

If you are unsure if you have a health condition that would warrant one of these vaccines, please feel free to discuss your concerns with Dr Williams, Dr Kaner, Dr Mills, or Shandy.

## Measles Outbreak – Updated information from CDC

From Jan 1 to Jan 30<sup>th</sup> 2015, the CDC confirmed 102 measles cases in 14 states, including the state of Washington. The majority of these cases have been linked to Disneyland exposure.

Measles is an acute viral respiratory illness associated with high fever, malaise, cough, runny nose, conjunctivitis, and a characteristic spotted rash that appears 7-21 days from exposure. A person is contagious from 4 days before until 4 days after the rash appears. Measles is one of the most infectious viruses that exists. 9/10 susceptible people who come into contact with a measles patient will develop the measles. It is airborne and transmitted when an infected person breathes, coughs, or sneezes.

The virus can remain on surfaces or in the air up to two hours after an infected person leaves an area.

For those born after 1957, written documentation of 2 doses of the measles vaccine provides presumption of immunity. One dose of MMR vaccine is 93% effective, and two doses are about 97% effective. If there is no written evidence of vaccination, a blood test can be obtained to confirm immunity.

1-2 of every 1000 children infected with measles will die of complications. People at high risk for severe illness and complications from measles include: infants and children under age 5, adults over 20 years of age, pregnant women, and people with compromised immune systems such as from cancer or HIV.

### Coming soon...

Updated Bellevue Medical Partners website is coming soon! Please keep your eyes peeled! This will include updated information on each person in the clinic, as well as links to newsletters so you can access this information and prior newsletter information as well.

