

HBV is spread through contact with the blood and body fluids of an infected person.

The vaccine is given in a series. The series begins with the first vaccination. The second is given one month later and the third is given six months after the first vaccine. Sometimes, people on dialysis need a fourth vaccine to insure they are protected from HBV. Ask your doctor or healthcare team if you currently have protection.

Dialysis units are required to assess your level of protection and provide additional vaccination if necessary.

Hepatitis B vaccine can prevent hepatitis B. It is the first anti-cancer vaccine because it can prevent a form of liver cancer.

If you are allergic to baker's yeast (the kind used for making bread) or have had a previous severe reaction to the vaccine, you should not take this vaccine.

Getting hepatitis B vaccine is much safer than getting hepatitis B disease. Most people who get hepatitis B vaccine do not have any problems with it, however mild problems, such as soreness for a day or two where the shot was given, or a mild to moderate fever may occur. [Source: <http://www.cdc.gov/nip/publications/VIS/vis-hep-b.pdf>]



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## VACCINES: THE "FLU", PNEUMONIA AND HEPATITIS B



Promoting and facilitating high quality care standards for dialysis and kidney transplant patients in Iowa, Kansas, Missouri and Nebraska.

### PATIENT EDUCATION SERIES

## Adults Need Protection Too

You may have thought that immunizations were just for children, however, did you know that your ability to fight infections and disease is decreased because of your kidney failure? Several conditions weaken your immune system and it's ability to fight off infections. According to the Centers for Disease Control (CDC), one of these conditions is kidney disease, another is diabetes and yet another is anemia. This information was obtained from from the CDC.

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# VACCINES

## Influenza

Influenza (“flu”) is a contagious disease. It is caused by the influenza virus, which spreads from person to person through coughing or sneezing. Only the influenza virus can cause influenza. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. Influenza kills about 36,000 people each year in the United States, mostly among the elderly. Influenza vaccine can prevent the “flu”.

The influenza viruses are always changing and the flu vaccine is updated every year. An annual vaccination is recommended. It takes about two weeks for protection to develop after the vaccination, and protection can last up to a year.

The flu vaccine is recommended for people at risk of complications from influenza, such as persons diabetes, anemia, or those with kidney failure and on dialysis.

Most people need one flu shot each year and the best time to get the flu shot is in October or November, before flu season begins.

Some people may need to wait to get the vaccine, or should not get the vaccine. Tell your healthcare team if you have any of the following:

- An allergy to eggs
- A previous reaction to the flu vaccine
- Have a history of Guillain-Barré Syndrome (GBS), (You may be able to have the vaccine, discuss this with your physician.)
- Have a fever or are ill. (Discuss this with your healthcare team, they may want to reschedule your vaccine).

Serious problems from influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine. [\[Source:www.cdc.gov/flu/keyfacts.htm\]](http://www.cdc.gov/flu/keyfacts.htm)

## Pneumococcal

Pneumococcal disease is a serious disease that causes much sickness and death. This disease can lead to serious infections of the lungs, blood, and brain. In fact, pneumococcal disease kills more people in the United States each year than all other vaccine-preventable diseases combined; anyone can get pneumococcal disease.

However, some people are at greater risk from the disease. These include people 65 and older, the very young, and people with special health problems such as kidney failure, diabetes, heart or lung disease or certain types of cancer.

[www.cdc.gov](http://www.cdc.gov)

People with the special health problems mentioned earlier are even more likely to die from the disease.

Drugs such as penicillin were once effective in treating these infections; but the disease has become more resistant to these drugs, making treatment more difficult. This makes prevention of the disease through vaccination even more important.

The pneumococcal polysaccharide vaccine (PPV) protects against 23 types of pneumococcal bacteria. Usually one dose of PPV is all that is needed, however a second dose is recommended for people with kidney failure.

Most healthy adults who get the vaccine develop protection to most or all of these types within 2 to 3 weeks of getting the shot. [\[Source:www.cdc.gov/nip/publications/VIS/vis-ppv.pdf\]](http://www.cdc.gov/nip/publications/VIS/vis-ppv.pdf)

## Hepatitis B

Hemodialysis patients are specifically encouraged by the CDC to receive the hepatitis B vaccine series. Hepatitis B is a serious disease caused by the hepatitis B virus (HBV). It can cause short-term and long-term health problems including:

- Tiredness
- Jaundice
- Diarrhea
- Joint Pain
- Liver damage or cancer