

AGING AND IMMUNITY

THE IMPORTANCE OF VACCINES

PART 1: IMMUNITY AS WE AGE

**IMMUNITY WANES
IN ADULTS OVER 50,
EVEN IF THEY'RE
HEALTHY**

- There aren't as many cells that prevent infection
- Cells that produce antibodies don't work as well as when the body was younger
- The body makes more molecules that increase inflammation

**THE IMPACT OF
WANING IMMUNITY**

- Greater susceptibility to diseases like influenza and shingles
- Greater likelihood that illnesses may be more severe and will prevent adults from going to work, enjoying leisure activities, and being with family

**EVEN WITH A HEALTHY
LIFESTYLE, DECLINING
IMMUNITY HAPPENS
TO EVERYONE**

- Eating healthy and exercising regularly can decrease susceptibility to disease, but has not been proven to directly eliminate it
- The only way to boost the immune system and prevent disease is by getting recommended vaccines

HEALTHCARE PROFESSIONALS CAN BE LEADERS IN ENCOURAGING VACCINATION BY PRACTICING THE 4Rs

- **RECOMMEND** vaccines during each encounter as strongly as you can
- **REPEAT** the recommendation at each visit
- **REMIND** your patients that it is time for their vaccines
- **REVIEW** vaccine recommendations with your patients regularly to ensure they have received them

Learn more at
www.navp.org/immunityguide

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.*Centers for Disease Control and Prevention.