



  
**TWIN CITIES**  
 PHYSICIANS  
 Onsite Primary Care

# TCP Times

NEWS FOR THE SENIOR COMMUNITIES WE SERVE

IN THIS ISSUE...

## From the Doctor's Desk...

Can you believe that summer is already coming to an end? It seems that we were just celebrating the 4<sup>th</sup> of July! Here in Minnesota, this season often seems to fly by so it's important to make every day count. **From cheering on Team USA as they go for the Gold in the 2016 Summer Olympic Games to enjoying the warm sun outside just before the leaves turn their colors this fall, these next months are packed with exciting activity.** This edition of our newsletter is also filled with helpful information for seniors and their families.



To Your Health,  
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# IMMUNIZATION FOR SENIORS

*An Important Conversation*



## FEATURE STORY

Recently, discussions regarding the immunization of today's children and youth have dominated the news, but very little focus has been given to the importance of immunization for seniors. According to the Department of Health and Human Services, approximately 45,000 adults pass away each year from complications due to vaccine-preventable diseases. For older adults, especially those living in senior communities, the conversation regarding the importance of immunizations should take place between residents, their families, and their primary care provider. Here are a couple of questions to ask as you have this important conversation:

- 1. What are your feelings about immunization?** Many seniors are concerned about the side-effects from vaccines, but once they are reminded of their importance, those fears subside.
- 2. What's your immunization history?** For some seniors, they may never have been immunized as a child. Additionally, if seniors haven't received vaccinations recently, immunity to many common diseases may have faded.
- 3. What are your next steps?** From reviewing past immunizations or planning to get that flu shot this fall, seniors that create a plan of action are more likely to follow through.



# Q&A on VACCINATIONS

*with Steven Atkinson, PA-C, MS*



## ASK OUR DOCS

Here are some vaccine answers from our own Steven Atkinson, PA-C, MS:

### What are the most important vaccinations for seniors?

The vaccinations that seniors should ensure they receive include:

- Flu
- Both Pneumococcal Vaccines (Pneumovax & Prevnar)
- Shingles
- Tetanus-Diphtheria-Pertussis

**Can getting a vaccine actually give me the disease?** No, receiving a vaccine for a disease doesn't have the potential to give you that disease. This common

misconception is fueled by the fact that many vaccines are made with "inactivated viruses" and some people believe that they were actually being injected with a harmful virus. The reality is that an "inactivated virus" cannot cause harm, it's simply a weakened agent that helps your immune system prepare to fight any true disease.

**Are there any harmful side effects from vaccines?** No. While minor side-effects like injection site pain and swelling or muscle and joint pain may occur, vaccines that have been approved by your primary care provider are safe, with few major side effects.

# IN THEIR OWN WORDS...

*Stories from Our Patients & Families*



Every month we have the opportunity to work with hundreds of older adults and their families in the senior living communities that we serve. **We're excited to share the stories and testimonials of your experience with Twin Cities Physicians.** If you would like to share the story of your experience, please call us at **763.231.9324** or email us at [info@twincitiesphysicians.net](mailto:info@twincitiesphysicians.net). We look forward to sharing your stories in upcoming issues of TCP Times.

## NEXT STEPS...

Whether you are one of our current patients or an interested resident or family member, we look forward to working with you soon.

### Current Patients & Families

Call us anytime, we're happy to provide care for you or your love one in the comfort of your community when you need us.

### Want Twin Cities Physicians as Your Primary Care Provider?

Call us to schedule your no-obligation consultation to learn more at **763.267.8701** or schedule online at [www.twincitiesphysicians.net](http://www.twincitiesphysicians.net)

## JUST FOR FUN...

*Puzzles & Games for Our Patients to Enjoy!*

### Summer Fun Word Find

Circle these below words related to summer in the puzzle to the right:

- |                 |                   |
|-----------------|-------------------|
| <b>BOATING</b>  | <b>FISHING</b>    |
| <b>FLOWERS</b>  | <b>GARDEN</b>     |
| <b>LAKE</b>     | <b>LEMONADE</b>   |
| <b>PICNIC</b>   | <b>SUNSHINE</b>   |
| <b>SWIMMING</b> | <b>WATERMELON</b> |

