

Media Release



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Vaccinations are usually associated with young children or travelling overseas, but immunisations given at childhood can wear off and leave adults exposed to debilitating diseases.

Wheatbelt GP Network urges parents and grandparents to discuss their own vaccination needs with their General Practitioner when taking children to get their shots.

The need for immunisation is not confined to children.

People aged over 50 may benefit from being vaccinated against diseases like the flu, pneumococcal and shingles. They may also benefit from having boosters of vaccinations like hepatitis, whooping cough, tetanus and diphtheria, which may have lost their efficacy.

Vaccinations not only protect us from infectious diseases that can cause illness, disability and death but they also protect the community as a whole by reducing the number of people who contract these diseases and pass them on.

The most beneficial vaccinations for an individual will depend on his/her age, health and lifestyle.

Talk to your GP about what you may need to have and how frequently they should be taken – for some it's every year, for others it might be every 10 years. Keep a record somewhere and ensure you follow up when it's time.

It is particularly important those at higher risk of some illnesses keep their vaccinations up to date. These include:

- People aged over 60
- People who smoke or who are overweight
- People with an existing chronic disease or compromised immune system
- Aboriginal and Torres Strait Islanders

For more information about vaccinations read the latest issue of MedicinesTalk at www.nps.org.au/consumers/publications/medicines_talk or talk to your GP.

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