

# Vaccines for CKD Patients



### Vaccines are for everyone!

Vaccines are an important part of staying healthy, even as an adult. Many people fall victim to severe illnesses that could be prevented with vaccinations. Don't let that happen to you.

### What are the benefits of vaccines?

Staying healthy. No one wants to be sick, and it's costly! Sickness can mean missing work or school, expensive medical bills, and physical pain and suffering. It can make caring for your family difficult or impossible.

Protecting yourself and others. You can protect not only yourself but those around you by getting the recommended vaccines.

### How do vaccines work?

Vaccines prepare your immune system for a possible infection by stimulating your body to produce antibodies (Antibodies are one way the body fights infection). After being vaccinated, if you should be exposed to the actual disease, your body is prepared to fight the infection with the antibodies already in place.

### How often are vaccines given?

Some vaccines are given once, others are given yearly and others are given in a series over several months or years.

### What are the recommended vaccines?

The CDC recommends several vaccines for most adults. The most important vaccines to get are the Influenza (Flu), pneumonia, Tdap (Tetanus, Diphtheria, Pertussis) or Td (Tetanus, Diphtheria), MMR (Measles, Mumps, Rubella), Chicken Pox (Shingles) and Hepatitis A and/or B. There are others as well, including Covid-19, RSV (Respiratory Syncytial Virus).

### Why is it important to get vaccinated if I have kidney disease?

If you have kidney disease, your immune system does not work as well as it should. This means you are at a higher risk of getting sick should you get exposed to an infection. Prevention is key to staying healthy.

### Talk to your doctor.

Vaccines are one of the safest forms of therapy available, protecting millions of people from serious illness. While vaccines can have side effects, the majority of vaccinated individuals experience no or mild side effects that resolve within a few days. It is always advisable to consult your doctor for personalized medical advice about the risks and benefits of vaccinations.

*Vaccinations are also called immunizations. Vaccines can prevent sickness, hospitalization, and even death from certain infections.*

## TWO MOST COMMON VACCINES: Flu and Pneumonia

### Influenza (Flu) Vaccine

Flu—short for influenza—is an illness caused by one of the influenza viruses. Flu viruses infect the nose, upper airways, throat, and lungs and spread easily. Many people with the flu spread the virus before they even know they are sick. Flu can cause serious illness, especially for older people, and those with certain chronic medical conditions, like asthma and diabetes. Flu vaccines have a good safety record and have been used in the United States for more than 50 years.

There are 2 types of vaccines: Influenza Adjuvanted (for age >65 years old) and Influenza Vaccine Quadrivalent (for age <65).

**Given:** Yearly. Because flu viruses are constantly changing, new vaccines are made each year to protect against the flu viruses that are likely to cause illness for that particular year.

### Pneumonia Vaccine

Pneumonia is the second most common infection in the U.S. and can be associated with severe complications including death. One organism that can cause pneumonia is the bacteria, *Streptococcus pneumoniae*. Infection with this bacteria can be mild, but can also cause serious symptoms, lifelong disability, or death. It affects 1 out of every 100 people each year. *Streptococcus pneumoniae* disease spreads when an infected person coughs or sneezes. Some people may not even feel sick, but they could have the bacteria in their noses and throats and can still spread the disease.

There are 2 types of “pneumonia” vaccines that are given to people with chronic kidney disease: Pneumovax® 23 and Prevnar 13®.

**Given:** If no prior vaccine, then Prevnar 13® is given first with Pneumovax® 23 to follow (2-12 months later) if prior Pneumova® 23 has been given, then Prevnar 13® to follow (1 year after Pneumovax® 23). Pneumovax® 23 will need to be repeated 5 years after the 1st dose if given before the age of 65.

### Fall and Winter Wellness Tips

- Get a flu shot
- Stay hydrated
- Keep exercising
- Get enough sleep
- Eat a balanced diet
- Keep your hands clean
- Relax



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