

Recent Vaccine Updates

Pneumonia Vaccine

There is a new pneumonia vaccine in town! It has come out along with new recommendations for pneumonia vaccines.

Pneumonia is a lung infection that can be caused by a number of different viruses or bacteria (including covid). Pneumococcal vaccines (called pneumonia vaccines) protect against multiple strains of one of the most common types of bacteria to cause pneumonia in adults- pneumococcus, (also called Strep pneumoniae).

This vaccine works by stimulating the production of antibodies to fight off infection and reduce your chances of getting it, as well as lowering the severity of the infection if you do become infected.

The new vaccine is called Prevnar 20 (because it protects against 20 strains of this bacteria)

For people who have NEVER gotten a pneumonia vaccine, it is recommended for ALL adults 65 and older to get this as one time shot, as well as those aged 19-64 who have specific underlying medical conditions or other risk factors. These include: alcoholism, chronic heart disease/heart failure, chronic liver disease, chronic lung disease, cigarette smoking, diabetes, cancer, taking immune suppressant medication, immunocompromising diseases or having had an organ transplant.

The previous recommendation was to get the Prevnar 13 (PCV 13) vaccine at age 65 and the Pneumovax (PPSV23) vaccine 1 year later.

If you are over 65 and have had both Prevnar 13 and Pneumovax (PPSV23) , you do NOT require any further vaccination with the new vaccine.

If you have had the Prevnar 13 but NOT the Pneumovax, the recommendation is to get the Pneumovax (PPSV23) 1 year after the Prevnar 13.

If you have had Pneumovax (PPSV23) ONLY and NOT the Prevnar 13, then recommendation is to get the PCV 20 (Prevnar 20) 1 year after and then you are done!

Talk to your doctor about which shot(s) you have had and which should be done at your next visit.

Hepatitis B Vaccine

Hepatitis B is a viral illness transmitted through blood and bodily fluids. Hepatitis B vaccine has been recommended for all newborns since 2005.

Hepatitis B vaccine is now recommended for ALL adults ages 19-59, regardless of risk factors, as well as those 60 or older with risk factors. These risk factors include people with chronic liver disease, HIV infection, sexual exposure risk, injection drug use, incarcerated persons and those who travel to countries with high rates of hepatitis B.

Hepatitis B vaccine is given as a 3 shot series. There is also a combination vaccine (Twinrix) which includes Hepatitis A vaccination as well. Hepatitis A is another viral illness that also affects the liver, and it is spread by contaminated food and water. It is currently given to all newborns and recommended for people with the above risk factors. Getting the combination vaccine will protect you against both illnesses going forward.

Herpes Zoster (Shingles) Vaccine

Shingles (Herpes Zoster) is caused by reactivation of the chicken pox virus (varicella zoster). It causes a blistering rash and often very severe nerve pain over one part of the body. Some people will continue to have long term nerve pain after shingles called post-herpetic neuralgia.

The shingles vaccine is a 2 shot series previously recommended for everyone ages 50 and up.

Now, there is a new recommendation for this vaccine to be given also to all patients ages 19-49 if they are immunocompromised. Immunocompromised patients are at a higher risk for shingles as well. This includes patients with HIV, stem cell transplants, blood cancers, solid tumors and organ transplant recipients, and should be considered for those on immune suppressing medications as well.

Administrative update:

North Texas Preferred Health Partners continues to grow! For the latest on our physicians, providers, and locations, please visit us at www.ntphp.com.

In addition, you can connect with us on various social platforms, including Facebook, Twitter, Instagram, and LinkedIn, for a variety of health and wellness topics.

We look forward to connecting with you!

North Texas Preferred Health Partners Locations

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HEALTHY HABITS

Spring Skillet Roasted Chicken

Ingredients

- 4 boneless skinless chicken breasts, cut in half (~1/2 inch thick)
- 2 tsp kosher salt
- 1/4 cup cassava flour
- 2 tbsp extra virgin olive or avocado oil
- 3 cloves garlic minced
- 1 pint cherry tomatoes
- 1 bunch asparagus, diced
- 1/2 cup chicken broth
- 2 tbsp lemon juice or 1 lemon
- 2 ounces feta cheese about 1/2 block
- 1/2 cup fresh dill fronds

Directions

1. Preheat the oven to 375 degrees F.
2. In a shallow bowl pour the cassava flour. Individually dredge the chicken in the cassava flour to evenly coat.
3. Over medium-high heat, heat the olive oil in a large, cast-iron skillet.
4. When the oil is shimmering, sear the chicken on both sides until golden brown, ~3 minutes per side. Transfer the cooked chicken to a plate and set aside. (Note: chicken does not need to be fully cooked)
5. Reduce the heat to medium-low and add the garlic, tomatoes, and asparagus stirring, until the tomatoes are slightly blistered, and asparagus has softened, ~2 minutes. Pour in the broth and the lemon juice and stir, scraping up the browned bits in the bottom of the skillet.
6. Once vegetables are cooked add the chicken back into the skillet. Crumble the feta into large pieces all over the tops of the chicken and vegetables. Transfer to the oven and cook, uncovered, until the cheese is golden brown, the chicken is cooked through, and the sauce is bubbling, ~10 minutes.
7. Remove from the oven and top with the fresh dill. Serve on top of your favorite whole grain (Ex: Quinoa, brown rice or farro) and enjoy!

Adapted from The Defined Dish