

Influenza Vaccine Update for 2012–2013 Season

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- 1 The best way to prevent influenza (flu) is with a flu vaccine. The Centers for Disease Control (CDC) recommends that everyone six months of age and older receive vaccine yearly as soon as it is available in their community.
- 2 Flu season usually begins in December and can last through May.
- 3 It is especially important for people 65 years and older to receive vaccine due to increased risk of hospitalization from influenza-related complications.
- 4 Yearly the World Health Organization (WHO) and the CDC study the global influenza viral patterns to identify flu virus strains likely to cause illness during the upcoming flu season.
- 5 The vaccine protects against three different flu viruses. The best way to prevent influenza is by getting vaccinated every year, and it is particularly important to get vaccinated this year because two of the three virus strains used in this season's influenza vaccines differ from the strains included in last year's vaccines.

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Healthy Eating for Older Adults

Margie Ostrander, MS, RD, CDN, CSO — 65+ Dietitian

Eating right is important as you age. A healthy diet is based in a variety of fruits, vegetables, and whole grains. It includes lean sources of protein like chicken, turkey, eggs, nuts, beans, and low-fat or fat-free dairy products. It limits saturated fat, trans fats, cholesterol, salt, and added sugars. By focusing on these recommendations, you include more nutrient-dense foods that are full of vitamins, minerals, and fiber and tend to be lower in calories. These are better choices than foods that are energy dense, meaning that they contain more calories per small volume without being rich in nutrients.

Incorporate a variety of foods in your diet. While certain fruits and vegetables receive credit for being the best, by including a variety of colors you are consuming a wider range of nutrients to better meet your body's needs. Vary your lean protein choices to include more fish, beans, and legumes. Choose the whole-grain variety of foods such as 100% whole wheat bread, brown rice, or whole wheat pasta.

For patients undergoing cancer treatment, the recommendations for healthy eating change slightly. The main nutrition goal during treatment is to maintain your muscle mass and strength, which may help you feel better during treatment and heal faster after treatment. It is important during treatment to take in enough calories and protein to keep the weight stable. If there is no change in appetite and your weight is stable, we continue to encourage fruits, vegetables, whole grains, and lean protein. If your appetite and weight decrease, we are more liberal with our recommendations and encourage you to consume the foods that are easiest for you to tolerate.

To speak with a dietitian about any questions you may have regarding eating well during and after treatment, please call 212-639-7071. ★

EDITORIAL STAFF

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SUPPORT THE 65+ PROGRAM

If you would like to make a tax-deductible gift to support MSKCC's 65+ Program, please call 646-888-3154.

ABOUT THE 65+ PROGRAM

A diagnosis of cancer is difficult at any age, but older patients face unique challenges. Memorial Sloan-Kettering Cancer Center is committed to providing cancer patients aged 65 and older with the treatment and support they need.

With the generous support of the Joachim Silberman Family Program for Aging and Cancer, Memorial Sloan-Kettering offers the services of a multidisciplinary geriatric team. This team includes physicians, clinical nurse specialists, social workers, nutritionists, pharmacists, and psychiatrists, as well as members of the Pain and Palliative Care Service and the Integrative Medicine Service. The programs and care the team provides focus on the unique needs of cancer patients aged 65 years and older.

If you would like more information about the 65+ Program or a referral to one of our team members, please call 646-888-4741.



Memorial Sloan-Kettering Cancer Center

Adult Specialties

Memorial Sloan-Kettering was among 148 facilities — roughly 3 percent of the 4,793 analyzed for the latest Best Hospitals rankings — to be included in the rankings.

NATIONALLY RANKED

#2 in Cancer

HIGH-PERFORMING

• in Geriatrics

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- 6 There are two types of influenza vaccine:
 - ▶ Inactivated (killed) vaccine, which is given by intramuscular injection in the arm. Please note that killed vaccine is safe and does not cause the flu or flu-like symptoms.
 - ▶ Live, attenuated (weakened) flu vaccine, which is sprayed into the nostrils. This is not recommended for people over the age of 50 or patients receiving chemotherapy. This type of vaccine may give minor flu-like symptoms.
 - 7 Two inactivated (killed) vaccines are approved for use in people 65 and older: regular-dose flu vaccine and a newer, high dose. Both vaccines contain the same three inactivated viral strains as recommended by the WHO/CDC; however the viral components differ. The higher-dose vaccine, which contains higher viral antigen, is associated with a stronger immune response. It is not yet known whether a stronger immune response from high-dose vaccine translates into better clinical protection against influenza, but studies are ongoing.
 - 8 The high-dose vaccine is well tolerated but has an increased chance of minor local injection site reaction.
 - 9 The high-dose vaccine is presently not available at Memorial Hospital. The CDC does not specifically prefer one vaccine dosage over another.
 - 10 Protection after vaccination (regardless of type) develops as early as two weeks after vaccination and can last until the following flu season.
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- REMEMBER:**
- Tell your doctor if you have any allergies, including an allergy to eggs.
 - Cover your cough, practice good hand washing, and avoid close contact with people who are ill.
 - Encourage household contacts to receive the flu vaccine.
 - Ask your healthcare provider for written information about the flu vaccine. ★

LECTURES / WORKSHOPS

65+ Upcoming Events

TUESDAY, OCTOBER 23

A Morning of Health Symposium*

Speakers from the Department of Integrative Medicine

Lecture Topics: Yoga, acupuncture, music therapy, and many more

When & Where:

10:00 AM – 1:30 PM

RRL Auditorium, 430 East 67th Street

Light refreshments will be served.

MONDAY, NOVEMBER 12

Qigong for Balance and Strength

Master Yang Yang, PhD, Integrative Medicine Service

When & Where:

5:30 – 7:00 PM

410 East 69th Street, Room ZRC 105

TUESDAY, NOVEMBER 13

How to Maintain a Safe Home Environment as You Age*

Speaker: Joelle Lichtman, MA, Certified Aging-in-Place Specialist

When & Where:

10:30 AM – 12:00 NOON

1275 York Avenue, Room M107

TUESDAY, DECEMBER 11

Skin Care Protection During the Winter*

Speaker: Mario E. Lacouture, MD, Department of Dermatology

When & Where:

10:30 AM – 12:00 NOON

1275 York Avenue, Room M107

*No registration required for these events.

For more information, please call 646-888-4741. ★