



# *Ask Dr. Liz*

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Family Physician



## **ADULT VACCINES**

Lots of adults think that getting vaccines is a thing of the past, like paper report cards and summer vacations. But that is simply not true. Adults need vaccines too, and not just the very old or those with compromised immune systems. Even young, healthy adults should be sure to get their flu shots. Adults should make certain that their tetanus shots are up to date, and those who will be traveling should check with their doctor to see if there are special vaccines recommended for the location to which they are traveling. Any adult who has managed to avoid getting the chicken pox should also get the vaccine. Also, meningitis and hepatitis vaccines are recommended.

Children need immunizations to protect them from childhood diseases such as measles and mumps. The immunizations adults need are determined by factors such as age, high-risk conditions, type and locations of travel, and previous immunizations. Please call MEDICAL ASSOCIATES OF DENTON at 940-484-1887 for thoughtful and individualized health care. Our services include immunizations, allergy testing, and treatment of sinus infections. We are located at 3303 Colorado Blvd., Denton, Tx. Most major forms of insurances are accepted, including Medicare, Signa, Aetna and BC/BS.

**[www.maodenton.com](http://www.maodenton.com)** HQ

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