

Living with MS

Vaccines

Vaccines come up at this time of year and we wanted to remind our patients of the vaccination recommendations for people with MS. The American Academy of Neurology has reviewed the available scientific evidence on infections and vaccine use in MS and published their guidelines. The full guideline can be found at the following link:

<https://www.aan.com/Guidelines/home/GetGuidelineContent/982>

Key Messages:

- Preventing infections through vaccination is a key part of medical care for people with MS.
- People with MS should receive vaccines according to standard vaccine guidelines
- Before receiving any vaccine, talk with your MS provider

Specific Vaccines:

- 2019-2020 Seasonal Flu Vaccine
 - It is recommended that people with MS receive the influenza vaccine annually, unless there is a specific reason not to such as a prior severe reaction.
- Hepatitis B Vaccine
 - MS experts and the National Academy of Sciences Institute of Medicine determined the vaccine does not cause MS to occur and is safe for people with MS.
- Pneumonia Vaccine
 - Both pneumonia vaccines (PCV13 and PPSV23) are inactivated and safe for people with MS. It is recommended that adults 65 years or older receive one dose of each vaccine at least a year apart.
- Shingles Vaccine
 - Shingrix, a non-live vaccine, is recommended instead of Zostavax.
- Chickenpox Vaccine
 - The Varicella vaccine should be considered by people with MS who have never had chickenpox.
- Tetanus Vaccine
 - This vaccine is inactivated and considered safe for people with MS.
- MMR Vaccine
 - The MMR vaccine is a live-attenuated vaccine so depending on your MS medication may not be recommended but with the rise of Measles cases you should discuss with your MS provider.

Special Considerations

- Live and live-attenuated vaccines are sometimes recommended but cannot be given during or after certain MS medications so always check with your provider.
- Vaccines should be delayed until 4-6 weeks after the onset of a relapse.
- Several MS medications require that you receive vaccinations several weeks before starting the therapy

References:

<https://www.nationalmssociety.org/Living-Well-With-MS/Diet-Exercise-Healthy-Behaviors/Vaccinations>

<https://www.nationalmssociety.org/For-Professionals/Clinical-Care/Managing-MS/Immunization>

When Is the Open Enrollment?



Medicare Enrollment

It is that time of year again where insurance plans change. Open enrollment for Medicare is October 15th through December 7th. If you need help choosing the right Medicare Part C or D plan you can contact Linda Maly, certified SHIIP Counselor here at Saunders Medical Center by calling 402-277-6377 or email wahooshiip@nmtc.net. Below are the numbers for the state Senior Health Insurance Information Programs (SHIIP),

- Colorado: 1-888-696-7213
- Iowa: 1-800-351-4664
- Kansas: 1-800-860-5260
- Nebraska: 1-800-234-7119
- Missouri: 1-800-390-3330
- South Dakota
 - Eastern: 1-800-536-8137
 - Central: 1-877-331-4834
 - Western: 1-877-286-9072

Upcoming Events:

- Friday, December 6th – SMC's 5th annual Night of Lights
 - Buses leave SMC at 5pm or you can meet at The Players Club at 5:30
 - Food and Drinks at The Players Club in Omaha
 - Arrow Stage Line buses to look at Christmas lights
 - Raffles and giveaways
 - Tickets are \$30 per person and can be purchased by contacting Sam at 402-443-1457 or sjack@smcne.com

General Information/Tips

- Saunders Medical Center has a new patient portal. We encourage all of our patients to register and use the patient portal. To register please speak with registration either in person or at 402-443-4191.
- Please refrain from calling or texting Melissa or Abby. If you have an emergency after hours please contact our nurse line at 402-443-4191 and ask for the hospital nurses.
- Due to our increasing patient load, we need to start charging patients who cancel their appointment less than 24 hours in advance.
- Please arrive a half hour before your appointment to ensure there is adequate time for the check in process and our providers do not get behind for other patients.
- To schedule appointments please call registration at 402-443-4191. Our nurse is unable to schedule appointments and will have to transfer you.
- **Please call 402-443-4191 to notify Patti(ext 533) or Katherine(ext 539) if you have any change in your medical or prescription insurance. Also please make sure to give registration both cards at check-in.**
- If you have questions regarding the newsletter, please email Sam at sjack@smcne.com.

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