

What you need to know about Vaccination

Patients suffering from lupus are more vulnerable to infections over the course of the disease, due to immunological dysregulation characteristic of the disease itself and to the treatment with a medicine class called immunosuppresses. Those infections may be minor or severe, and its consequences may vary from a hospital admission to death. In Brazil, infections are the main cause of death in lupus patients. Vaccination is a preventive measure for many infections thus it is recommended in that group of people.

invaders are not weakened, it will be able to quickly recognize the aggressor and promptly fight it, thus, in that way it will be the most effective to protect our health.



What is a vaccine?

Vaccine is a suspension of weakened microorganisms, like virus and bacteria, or toxins produced by them, or even by inactive virus or bacteria (dead). Our defense cells start producing antibodies when they recognize foreign bodies, in order to fight against the infection. In case our body detects the same aggressors again in the course of a real infection, in which our



Which vaccines should I get?

To outpatients suffering from lupus, it is recommended the following vaccines:

- Flu shot (influenza)
- Pneumonia shot
- Tetanus, diphtheria, whooping cough shot
- Hemophilus B shot (a bacteria responsible for some types of pneumonia and meningitis)
- Viral hepatitis A and B shot
- Meningitis (meningococcal) shot
- HPV shot – Human Papiloma Virus (this virus causes uterine cancer in women, penis cancer in men and genital warts in both sexes)

Vaccines containing live microorganisms like measles, mumps, germen measles, yellow fever, varicella (chickenpox), herpes zoster (shingles) and oral polio (poliomyelitis) are usually contraindicated, except in special situations, when your doctor recommends it.

The problem with those vaccinations is that you may develop a light version of the disease. Furthermore, your organism may not react adequately to the vaccination, that is, it may not produce the necessary antibodies to your full protection.



Do not forget! Bring your vaccination card during your next medical appointment. Your doctor will be able to check if it is complete and will recommend which shots you should get.