

FIGHT *the* **FLU**



Welcome to the “Fight the Flu with MDA & Walgreens” webinar

Presented by:

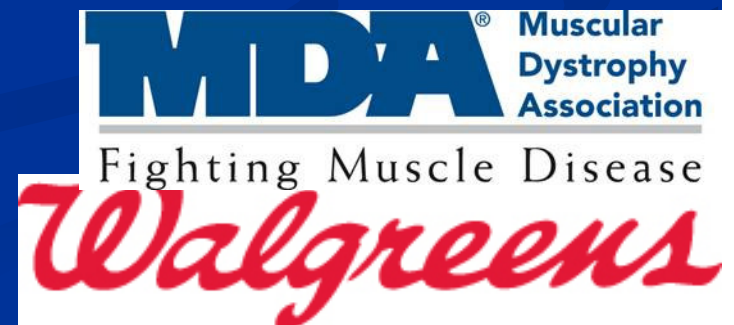
Valerie Cwik, M.D.

Mark Matusik, Pharm.D.

Heather Myers, B.S.

Call-in toll number: (650) 429-3300

Teleconference Access code: 663 690 130



Valerie A. Cwik, M.D.



Dr. Valerie Cwik, Executive Vice President — Research and Medical Director for the Muscular Dystrophy Association (MDA), oversees MDA's extensive research and health care services programs and represents the Association at national and international scientific meetings. Dr. Cwik has focused her career on neuromuscular diseases, beginning with fellowship training in EMG and neuromuscular diseases at the Cleveland Clinic from 1989 to 1990 under the mentorships of Dr. Asa Wilbourn and Dr. Hiroshi Mitsumoto. A second fellowship in neuromuscular diseases at the University of Alberta, under the mentorship of Dr. Michael Brooke, was followed by her appointment as assistant professor of medicine (neurology) at the same institution.

In 1996, Dr. Cwik relocated to Tucson, Ariz., where she directed the Neuromuscular Disease Program in the Department of Neurology at The University of Arizona from 1996 through early 2004; she was director of the MDA/ALS Center there from 2001 through 2004. Dr. Cwik has experience in clinical trials for Duchenne muscular dystrophy, ALS and diabetic peripheral neuropathy, and has mentored several neuromuscular fellows.



Fighting Muscle Disease

Mark Matusik, Pharm.D.

Dr. Mark Matusik is a residency-trained managed care pharmacist who has worked for Walgreens for more than 15 years. He is responsible for the sales operations and contracting of the immunization program across the United States for the Walgreens Company. He also is one of over 26,000 certified immunizers at Walgreens.

Dr. Matusik graduated from Midwestern University with a B.S. in pharmacy in 1995 and a Doctor of Pharmacy degree in 1996. After graduation, he completed a one year residency program in Managed Care Pharmacy. Dr. Matusik also is an adjunct assistant professor at Midwestern University, teaching the Intro to Managed Care Pharmacy class to third-year pharmacy students, and is a guest lecturer at both Midwestern University and the University of Illinois at Chicago pharmacy schools.



Walgreens

Heather Myers, B.S.



Heather Myers is the Associate Director of Health Care Services for MDA. In this position, Heather coordinates MDA's Flu Shot Program and assists in the oversight of MDA's nationwide clinical program.

A Tucson native, Heather graduated from the University of Arizona with a B.S. in business and took advantage of an opportunity to volunteer with MDA, assisting with local Telethon duties. In 2004, Heather began her employment at MDA's National Headquarters, working as an administrative assistant to the director of field organization. Within months, she accepted an offer to join the Health Care Services department, where she received several promotions leading up to her current position.

Flu Shot Program

- MDA covers the cost of seasonal flu shots for individuals registered.
- MDA and Walgreens expanded this year's partnership to make discount coupons available to family members and in-home caregivers.

Easy as... 1, 2, 3!

- Step 1: Visit MDA's Flu Season Resource Center to fill out request form
- Step 2: Check your mailbox!
- Show up to any of over 8,000 Walgreens and Duane Reade pharmacies, including more than 350 Take Care Clinics at select Walgreens

Walgreens & MDA

- Walgreens has been partnering with MDA for 4 years, providing flu shot services to their members across the United States
- Walgreens supports MDA through:
 - Customer donations – Shamrock sales
 - Summer Camp support
 - Event sponsorship
 - Telethon participation

What is in the “Flu Shot”?

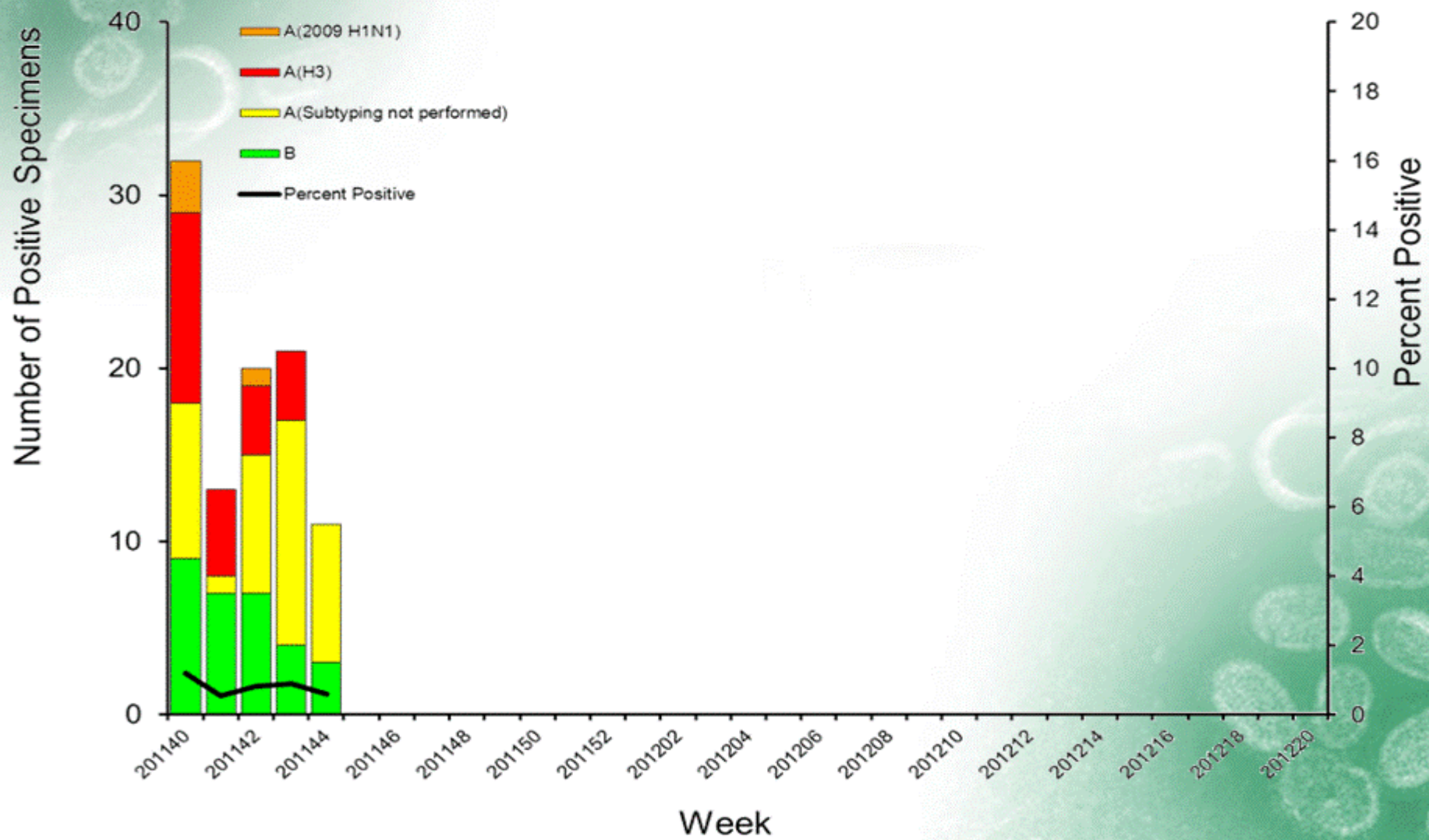
- World Health Organization (WHO)
 - Each year the WHO predicts which strain of flu will most likely be the most prominent strains in both the Northern and Southern hemispheres.
 - For the 2011-12 northern hemisphere influenza season the following were recommended and are covered within this year’s season flu vaccine:
 - an A/California/7/2009 (H1N1)-like virus
 - an A/Perth/16/2009 (H3N2)-like virus
 - a B/Brisbane/60/2008-like virus
- Trivalent vaccine = 3 strains covered

FLUVIEW



A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Influenza Positive Tests Reported to CDC by U.S. WHO/NREVSS Collaborating Laboratories, National Summary, 2011-12



What types of vaccine are available?

- Inactivated or “killed” vaccine
 - Standard Injectable
 - Multi-dose vial = delivered to majority of the population
 - Preservative-free = single-dose syringe
 - Indicated for anyone 6 months of age or older
 - High-Dose
 - Contains 4x the antigen
 - Indicated for elderly and others with reduced immune response
 - Intradermal (i.e. delivered in the skin)
 - New in 2011

Note: Not offered at Walgreens at this time

What types of vaccine are available?

- Live attenuated influenza vaccine (LAIV) contains live but attenuated (weakened) influenza virus
- Intranasal (*please note*: this form not available through MDA)
 - Indicated for individuals 2-49 years old
 - Not indicated for pregnant women or people who have long-term health problems such as:
 - heart disease
 - kidney or liver disease
 - lung disease
 - metabolic disease, such as diabetes
 - asthma
 - anemia, and other blood disorders
 - Anyone with certain muscle or nerve disorders (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.

How do I get a flu shot at the Walgreens pharmacy or Take Care Clinic?



How do I get a flu shot at the Walgreens pharmacy or Take Care Clinic?

- Request a voucher from www.mda.org (Live demo to follow)
- Bring voucher into any Walgreens pharmacy or Take Care Clinic
 - Present voucher to Technician/clinic staff
 - Fill out Vaccination Administration Record (VAR)
 - Receive your flu shot

Records may be obtained anytime either online or in-store



At Walgreens Pharmacy

At Take Care Clinic



Can I get my children immunized?

- State laws vary with regard to pharmacist's immunization privilege
 - All Walgreens stores can immunize anyone 18+ years old
 - Based on state law, some Walgreens pharmacists may provide immunizations to children as young as 7 years old.
 - Children 7-8 years old may require additional dose

Age	Flu Vaccination History	Recommended Dosing
	No history	One dose inj. followed by a second dose of inj. 28 days after 1st dose
7-8	OR	OR
	Received 2 doses in the past but no history of receipt of at least 1 dose of influenza A (H1N1) 2009 monovalent vaccine	One dose of FluMist in each nostril followed by a second dose 28 days after 1st dose

Can I get my children immunized?

Age	Flu Vaccination History	Recommended Dosing
7-8	1 dose (during 1st year of vaccination) OR 1 dose (during previous season)	One dose inj. followed by a second dose of inj. 28 days after 1st dose OR One dose of FluMist in each nostril followed by a second dose 28 days after 1st dose
7-8	2 doses (1 dose received during previous two seasons)	One dose of inj. OR One dose of FluMist in each nostril
9 and Above	Any history	One dose of inj. OR One dose of FluMist in each nostril

- Take Care Clinics may immunize children as young as 2 years old.
- Call ahead to ask your healthcare professional at the store/clinic as they will know their state-specific limitations.

What is the flu?

- A contagious viral illness
- Infects the nose, throat and lungs
- A number of different viruses can cause the flu
- Symptoms may be mild to severe
- Flu may be life-threatening for some

What does it feel like to have the flu?

- Fever and chills
- Cough
- Sore throat
- Runny or stuffed up nose
- Muscle aches
- Headache
- Fatigue
- Vomiting and diarrhea – especially in children

How do you catch the flu?

- Usually spread through droplets from coughing, sneezing or even talking
- Droplets can land in the nose or mouth of people who are nearby
- Viruses can live on hard surfaces for some period of time – doorknobs, utensils, cups or glasses, telephones, etc.
- Flu can be spread by touching those surfaces, then touching the mouth, eyes or nose

When is someone with the flu contagious?

- Before and while you are sick!
 - Up to 1 day before symptoms develop
 - Up to 5 – 7 days after becoming sick

Is the flu serious?

- How serious the flu is depends on many factors:
 - The flu viruses that are circulating
 - How much and when flu vaccine is available
 - How many people get vaccinated
 - How effective the flu vaccine is for the viruses that are causing the flu that year

Why be concerned about the flu?

- Flu can be a very serious illness, especially for:
 - Older people
 - Young children
 - Pregnant women
 - People with chronic health conditions
 - Persons who live in nursing homes
 - People with weakened immune systems, including those on chronic steroids or other immune suppressing medications

Should I be more concerned about the flu if I have a neuromuscular disease?

- *Everyone* should be concerned about the flu.
- People with neuromuscular diseases, especially if they have weakness of the muscles that control breathing, are at increased risk for complications of the flu.

What are the complications of the flu?

- Dehydration
- Bacterial pneumonia
- Ear infections
- Sinus infections
- Worsening of chronic medical conditions
- Immobilization

How to prevent the flu

- Get vaccinated each year
- All individuals in the household should be vaccinated
- The earlier you get vaccinated, the better

What else can you do to prevent the flu?

- Educate family members and visitors about the heightened risk of respiratory infections for people with neuromuscular disease.
- Promote good and frequent hand hygiene. Wash hands with soap and water for at least 20 seconds, especially after coughing or sneezing. Alcohol-based hand sanitizers containing at least 60 percent alcohol also are effective.
- Encourage respiratory etiquette — cover coughs and sneezes with a tissue or an arm.
- Stress the importance of not sharing utensils and drinking cups, and of not touching eyes, nose or mouth, especially after handling shared items such as telephones or remote controls.
- Visit the [Centers for Disease Control and Prevention](https://www.cdc.gov) (cdc.gov) and [Flu.gov](https://www.flu.gov) for additional tips and recommendations.

What should you do if you think you have the flu?

- Contact your doctor
 - Your doctor will decide if you need to be seen in his/her office
 - He/she may want to treat you with anti-viral medications, which can shorten the course and/or reduce the intensity of the flu
- Drink plenty of fluids – try not to get dehydrated
- Also, you may not feel hungry, but try to keep up your nutrition
- Good respiratory toiletry is important – coughing up phlegm or secretions so they don't move into your lungs. If you have a weak cough, you should contact your pulmonologist or respiratory therapist – there are ways to try to keep the airways clear, such as cough-assist devices.

Live Tour: MDA's Flu Season Resource Center

The screenshot shows the MDA website's Flu Season Resource Center. At the top, there are navigation links for 'Make A Donation', 'MDA', 'myMuscleTeam', 'myMDA', 'MDA-ALS Division', and 'Quest Magazine'. The MDA logo is prominently displayed, along with a search bar for 'Search MDA.org'. A main navigation menu includes 'DISEASES', 'FAMILIES', 'RESEARCHERS / MEDICAL', 'HOW TO HELP', 'SPONSORS', and 'TELETHON'. The page features a 'What's New' section with a 'FIGHT the FLU' banner by Walgreens and a list of recent news items. A central banner promotes 'NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH' with a 'Donate Now' button and the text 'During this very special time...'. Below this are three columns: 'MDA is Help' (Advocacy, Clinics, MDA Chat, Support Groups, Summer Camp), 'MDA is Hope' (Clinical Trials, Research, Research News), and 'MDA is Knowledge' (Quest Magazine, MDA Art, Publications, Spokespeople & Honorees, Videos). The footer contains social media links, utility links, a privacy policy, and a BBB Accredited Charity logo.

Make A Donation MDA myMuscleTeam myMDA MDA-ALS Division Quest Magazine

MDA Muscular Dystrophy Association Fighting Muscle Disease

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DISEASES FAMILIES RESEARCHERS / MEDICAL HOW TO HELP SPONSORS TELETHON

What's New

CLICK HERE TO FIGHT the FLU Walgreens

- ▶ BiolMarin Testing Drug in Late-Onset Pompe Disease [11/8/11]
- ▶ Experimental Drug Seems to Slow Respiratory Decline in DMD [11/4/11]
- ▶ Myasthenia Gravis Trials Now Open [10/28/11]
- ▶ 'Aberrant Astrocytes' Kill Motor Neurons in Rats [10/27/11]
- ▶ CMT Genetics Study Seeks Participants [10/24/11]
- ▶ More Evidence for Astrocyte Involvement in ALS [10/21/11]
- ▶ NIAMS Establishes MD Research Center [10/19/11]
- ▶ Troy Ellis: Keeping the Faith Despite ALS [10/17/11]
- ▶ Jerry Mendell's Research Team Receives Award [10/17/11]

read more

Find your local MDA office Zip Code Find

Transitions Resource Center NEW

Donate Now. During this very special time ...

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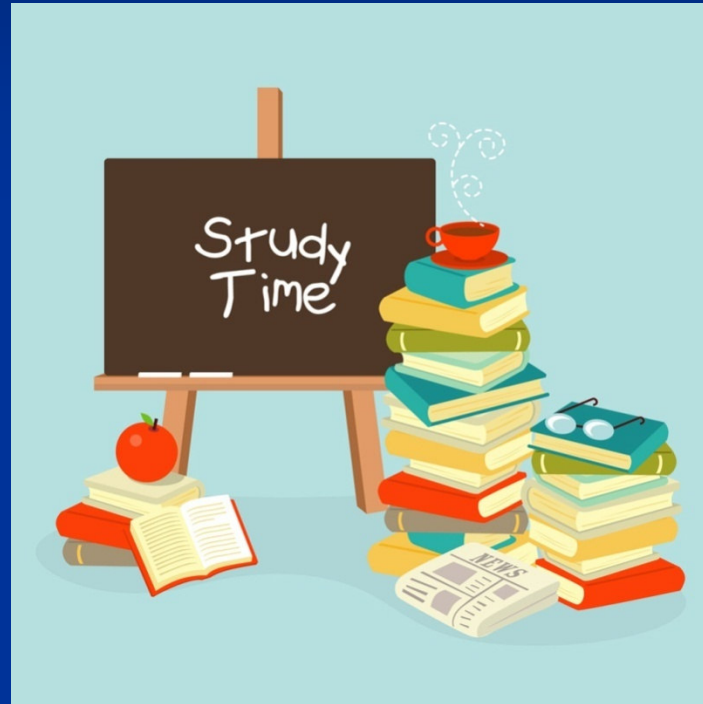
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Questions?



Thank You!

Today's webinar will be archived and available for viewing on MDA's website at

www.mda.org/services/webinar

For additional questions,
contact the MDA Health Care Services Dept.

at (800) 572.1717 or

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