

FRANKLIN & MARSHALL

April, 2009

Dear Student,

Welcome to Franklin & Marshall College from Appel Health Services. We are an on-campus accredited ambulatory care facility providing health care for you while you are at F&M. We invite you to peruse our Web site and familiarize yourself with what is available to you.

<http://www.fandm.edu/healthservices.xml>

The staff at Appel Health Services cares about your good health. In order for us to best serve your medical needs, the College requires that you submit the enclosed confidential four-page history, physical, tuberculosis screening and immunization forms to Appel Health Services by July 1. Please read and fill out your part carefully and completely. Arrange a timely appointment with your primary care practitioner to complete the rest. Incomplete forms will be returned to you for completion. You may call 717-291-4082 or e-mail francine.stefany@fandm.edu if you have questions.

You will receive information about student health insurance in a separate communication.

We expect you will find the next four years interesting, challenging and fulfilling. Please use the resources available to you on campus for health care, counseling, health education and academic advising to help you to be successful in achieving your goals. We look forward to your arrival.

Sincerely,



Marianne L. Kelly, M.D.
Director, Student Health Services
marianne.kelly@fandm.edu

Note information about meningitis and meningococcal vaccine on reverse side of this page.



FRANKLIN & MARSHALL COLLEGE
Appel Health Services

MENINGOCOCCAL DISEASE

Meningococcal disease is a potentially life threatening infection caused by the bacterium *Neisseria meningitidis*. The most common symptoms of meningococcal disease include high fever, headaches, neck stiffness, confusion, nausea, vomiting, lethargy, and rashes. The disease is transmitted through the air via sneezing or coughing and by direct contact with persons infected with the disease.

Every year in the United States 2,000 to 3,000 people get meningococcal disease. The case-fatality rate of invasive meningococcal disease is 9–12%, even with appropriate antibiotic therapy. As many as 20% of survivors have permanent disabilities such as neurologic damage, hearing loss, or loss of a limb.

First year college students who live in college residences are at higher risk for meningococcal disease compared to other people of the same age. The risk for meningococcal disease among non-freshman college students is similar to that for the general population of similar age (18–24 years).

MENINGOCOCCAL VACCINE

In February 2005, the Centers for Disease Control recommended a new vaccine Menactra™, for use in the United States to prevent meningococcal disease. A previous version of the meningococcal vaccine, Menomune®, was first available in the United States in 1982. Both vaccines are highly effective against four (A, C, Y, and W-135) of the five serogroups that cause meningococcal disease. Neither vaccine protects against serogroup B. The older vaccine is effective for three to five years, so requires a booster dose for longer protection. The newer vaccine is expected to provide longer protection, however, studies are needed to confirm this assumption. Currently revaccination after receipt of Menactra™ is not recommended. Menactra™ is preferred, but Menomune® is acceptable to meet the mandatory meningococcal vaccine required by PA state law for college students living in college housing.

The meningococcal vaccine is considered relatively free of side effects. The adverse reactions are mild and infrequent, consisting primarily of redness and pain at the injection site that may last 1 to 2 days. A history of a severe allergic reaction to a vaccine component or following a prior dose of either vaccine is a contraindication to receipt of further doses. One should not receive the vaccine while acutely ill with fever of 101° or higher, or when pregnant.

For more information on meningococcal disease or meningococcal vaccine visit the American College Health Association website:

http://www.acha.org/projects_programs/meningitis/disease_info.cfm#recommendation
or the Centers for Disease Control website:

<http://www.cdc.gov/meningitis/bacterial/faqs.htm>

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