



My name is Max. I was just beginning my pro-baseball career when meningitis struck. As a result I have seizures. That career is on hold.

My name is Abby. I was just a few days away from leaving for the military. Meningitis struck taking my legs, some fingers and damaging my adrenal glands. I take over 20 pills a day to live.



My name is Amanda. I was in college, not in a dorm, when meningitis struck. I now suffer from severe migraines and anemia.

My name is Maggi. In my mid twenties, I had lymphoma leaving me immune compromised. Because of that, in my thirties, I contracted meningococcal meningitis. I am now a double leg amputee.



My name is Jane. Meningitis took my life at age 22, just a few months before college graduation and my wedding. I lived off campus and was told no need to vaccinate.

My name is Sierra. I was 20, lived off college campus and told I did not need the vaccine. That cost me my life.



Meningitis Angels



A nonprofit organization founded in memory of Ryan Wayne Milley, the only child of Bob and Frankie Milley. Ryan was 18 years old, just graduated high school and just reached his pro-golf status. Ryan went from perfect health to a fever and earache, to blood coming from every orifice of his body and finally death in less than 14 hours. The Milley's had never heard of the vaccine that could have saved Ryan's life.

"With in hours we watched our beautiful son die a horrible death. With Ryan's death went our honor to ever be called mom and dad again, be parents at his wedding, ever hold a grandchild or have his comfort in our old age. One simply has to walk around an old cemetery to see the value of vaccines. I simply have to feel the never ending pain in my heart to know." Frankie Milley

There are three meningococcal vaccines now on the market for older children, teens and adults to prevent meningococcal meningitis. New vaccines for infants and toddlers are on the horizon. Meningitis is not the only vaccine preventable disease adults should be protected from.



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JOIN THE ANGEL TEAM
GROWNUPS NEED VACCINES 2



My name is Lindsey. At age 19 meningitis struck. I was not in college. I was a dancer and had been a cheerleader. I lost both legs, some fingers and suffer some organ damage.



My name is Rayna. I was in college and being scouted for pro-basketball when meningitis struck. Meningitis took my arms and legs .
<http://www.raynadubose.net>

My name is Trent. I was in college, a psychology major and living in a dorm when meningitis took my life at age 20.



My name is Justin. I was planning a career in video game design when meningitis took my life at age 20.

My name is Erica. I was in college, living in a dorm. At age 19, meningitis struck and took both my arms and legs.



My name is Andre'. I was 22 and in junior college. I was being scouted by NFL teams when meningitis struck . I lost both hands and legs.

My name is Rachelle. I was just beginning my life at age 25, when meningitis took it.



My name is Cherice. I was a premed student when meningitis struck at age 20. It took my life.



My name is Maggie. While in Switzerland, at age 20, I contracted meningococcal meningitis. I had to have emergency surgery. I almost died.



What is meningitis? Meningococcal Meningitis is an inflammation of the meninges, the lining that protects the brain and spinal cord caused by a bacteria (*Neisseria meningitidis*). All meningitis is almost always caused by an infection, usually by a bacteria (bacterial meningitis) or a virus (viral meningitis). In rare cases it can be triggered by a fungus or parasite. Meningococcal meningitis occurs most commonly in young children under 5, those aged 11-25 and people over age 55. People living in close quarters such as college dorms, barracks, camps and those with compromised immune systems, such as people with certain cancers, auto immune diseases, HIV or AIDS, are also at increased risk. However don't be fooled. Meningitis can strike anyone, anywhere, anytime. There are five sero-groups that caused most meningococcal disease. They are A,C,Y,W135 and B. Currently there are two vaccines on the market in the United States. They prevent groups A,C,Y and W135 in children, teens and adults. There are vaccines on the horizon to prevent the same in infants and toddlers . There is ongoing research currently for a group B vaccine.

Signs and Symptoms: Early signs of meningitis and meningococemia can be unrelenting fever, leg pain, cold hands and feet, abnormal skin color, nausea, vomiting, severe earache, rash, sensitivity to light and impaired consciousness and coma. These can develop within (12 hours) after infection and long before the more classic signs of the illness such as headache and a stiff neck. Untreated it can lead to debilitation or death.

After Meningitis: Survivors of meningitis can be left with limb amputations, organ failure, blindness, deafness, learning disabilities, severe seizure disorders, scars resembling burns, mental illness, neurological problems, joint damage, blood and digestive disorders, short term memory loss, migraine headaches and more.

How to Prevent It: GET VACCINATED!! ACIP recommends that persons ages 11-18 and those at high risk be vaccinated. Some middle schools and colleges now require it for entry. Some colleges only require it for those freshmen living in dorms. Meningococcal meningitis does not stop at the dorm room door and not just college freshmen get it. According to experts those who smoke or exposed directly to smokers are at an increased risk to meningitis. So STOP smoking!!!

Of course vaccines are the best prevention of these diseases. However one should not share drinks, food or makeup even with family members. You should brush your teeth and wash your hands often. Cover your mouth and nose when sneezing or coughing with your inside fore arm. Get lots of rest, exercise and eat nutritionally so your body is healthy. Avoid those people who are sick and stay home away from others when you are sick . See your health care provider as soon as possible. We should also make sure our health care providers are doing the same so they don't spread diseases.



What Vaccines should Adults Have?

According to CDC's Advisory Committee on Immunization Practices (ACIP), a panel made up of medical and public health experts, adults are recommended the following depending on age, immunization and medical history. For complete information visit www.CDC.gov. This brochure is educational only and not to be taken as medical advice. All vaccines should be discussed with your health care provider prior to immunization.

- **Tetanus, diphtheria, pertussis (whooping cough) (Td/Tdap)** Pertussis is back attacking and causing death in infants who are not yet protected. Please vaccinate yourself to protect the lives of those around you.
- **Human papillomavirus (HPV)** Causes genital warts and cervical cancer in females. **HPV4** for males
- **Measles, mumps, rubella (MMR)** Measles can cause potentially fatal lung and brain complications. **Mumps** can cause hearing loss, encephalitis, meningitis and in some cases sterility. **Rubella** can cause serious birth defects in pregnant women.
- **Varicella (Chicken Pox)** Varicella can cause serious skin infections, pneumonia, encephalitis, hepatitis and other serious complications especially in newborns, those with immune deficiently and adults. Sometimes death.
- **Zoster (Shingles)** is a painful, blistering skin rash caused by the same virus that causes chicken pox. Those over the age of 60 who have had chicken pox are most at risk.
- **Influenza (the FLU)** Influenza can cause serious illness and sometimes death especially in the elderly and the very young or those with comprised immunity. The vaccine changes from year to year and must be taken each year.
- **Pneumococcal (polysaccharide)** Pneumococcal disease can cause ear infections, pneumonia and meningitis.. In the elderly and the very young it can be deadly. In infants it is a leading cause of death. There is a vaccine to prevent pneumococcal meningitis in infants and toddlers. Some states now require it for daycare entry.
- **Hepatitis A and B** **Hepatitis A** can be spread through improperly handled food and eating shell fish. It can cause liver inflammation. **Hepatitis B** is spread through body fluids living in the same house with someone who has it, from pregnant mother to infant, multiple sex partners, IV drug users and more. It can cause cirrhoses and or cancer of the liver and death.
- **Meningococcal** (see brochure information)

Meningitis is a 911 Emergency! If you think you or someone you know has meningitis, go to the emergency room immediately. Tell the medical staff you suspect meningitis upon your arrival.