

bodyMIND

Your Monthly Guide to Good Health

WORRIEDSICK ABOUT Catching the Flu?

Influenza—or “the flu”—is a highly contagious illness caused by viruses that infect the nose, throat, and lungs. In the United States, on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications, according to the Centers for Disease Control and Prevention. Symptoms of influenza generally include cough, fever, runny or stuffy nose, muscle or body aches, headache, fatigue, and chills. Fortunately, there are steps you can take to increase your odds of avoiding the flu this winter.

VACCINATION AND PREVENTION

The Centers for Disease Control and Prevention report that vaccination is the single best way to protect against influenza. There are two options for flu vaccine. The flu shot is composed of inactivated vaccine that is given with a needle, typically in the arm, to people 6 months of age and older. The second option is nasal spray, composed of live flu viruses (that do not cause the flu) intended for healthy individuals between the ages of 2 and 49 who are not pregnant. Exposure to the flu virus stimulates the body's immune response, producing protective antibodies that protect against influenza virus infection. Because the viruses that cause influenza are constantly changing, it is necessary to be immunized against the current strains of influenza every year.

It is important to note that flu vaccine is not recommended for people who have a severe allergy to chicken eggs; people who have had a severe reaction to an influenza vaccination in the past; people who have developed Guillain-Barre Syndrome within 6 weeks of getting an influenza vaccination previously; children younger than 6 months of age; and people who have a moderate or severe illness with a fever should wait to be vaccinated until their symptoms lessen.

HEALTHY HABITS AND PREVENTION

In addition to getting vaccinated against the current strain of flu virus, take the following preventative measures recommended by the Centers for Disease Control and Prevention.

- Avoid close contact with people who have flu-like symptoms.
- Cover your mouth with a tissue when you sneeze or cough.
- Wash your hands frequently with soap and water or alcohol-based rub.
- Do not touch your eyes, nose, or mouth to minimize exposure to germs.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

RELIEF

If you do come down with the flu this winter, consider the following recommendations for a healthy recovery.

- Drink plenty of fluids to prevent dehydration.
- Get plenty of rest.
- To avoid spreading flu germs, avoid close contact with others.
- If prescribed by your physician, take antiviral medication as directed.

To determine whether you should receive an influenza vaccination, consult your physician.

BACK-TO-SCHOOL PHYSICALS AND IMMUNIZATIONS



Help your child get off to a healthy start this fall by promptly completing any health forms requested by his or her school. This likely includes scheduling a back-to-school physical with your child's pediatrician as well as making sure that all immunizations are up to date. To help keep children and adolescents healthy and happy throughout the school year, make sure they eat a well-balanced diet, get plenty of physical activity, and get an adequate amount of sleep.

THE IMPORTANCE OF REGULAR PHYSICALS

Back-to-school check-ups provide an important opportunity to monitor your child's health and development from year to year. Components of physicals vary according to age, but may include height and weight measurement; blood pressure check; developmental assessment; and physical examination. These appointments are an appropriate time to discuss any questions you may have regarding your child's diet, physical activity, sleeping habits, or particular concerns pertinent to your child's age. Additionally, the annual physical provides an opportunity for pediatricians to address diet and exercise with children or teens who may be part of the emerging obesity epidemic. For teenagers, it may be helpful to address adolescent issues such as alcohol and depression. Physicals also provide an opportunity for a pediatrician to monitor a teenager's emotional balance and self-esteem.

WHY IMMUNIZE?

Immunizations are safe and effective, and for more than 50 years, they have saved lives and helped keep children healthy. According to the American Academy of Pediatrics, most childhood vaccines are 90 to 99 percent effective in preventing disease, and if a vaccinated child does get a disease, the symptoms are usually less serious than in a child who hasn't been vaccinated. In some cases, mild side effects may occur such as redness, swelling and tenderness at the injection sight.

Slight fever or fussiness may also occur. Serious side effects are rare; however, call your pediatrician immediately if your child experiences a very high fever ($>103^{\circ}\text{F}$) and is younger than 3 months; hives or black and blue places where the injection was not given; or a seizure.

WHAT ARE THE RECOMMENDED VACCINATIONS?

The American Academy of Pediatrics recommends the following vaccinations and states the importance of following their vaccination schedule. Should you have questions regarding the vaccinations or the schedule, talk to your child's pediatrician. Vaccinations include: hepatitis A and hepatitis B, rotavirus, DTaP, Hib, Pneumococcal, polio, influenza, MMR (measles, mumps and rubella), varicella, meningococcal, and HPV.

To confirm the appropriate vaccination schedule for your child, consult his or her pediatrician.

Lake Health Calendar of Events *September*

KidShape

This 9-week program is a family-based, multidisciplinary, specialized program which will help children eat healthier, move more, feel better about themselves and succeed at weight loss. To register, call the Wellness Institute at 440-375-8735. Registration is required.
*Willoughby Senior Center
38032 Brown Ave., Willoughby
September 6, 5:30 – 7:30 pm*

Lake Health Calendar of Events *September*

B Fit 4 Life Activity Series

Join us for this general health and wellness program that focuses on a myriad of nutrition and fitness topics. September's topic is "Canoeing." Please wear appropriate swimwear for this activity. To register, call the Best of Health Line at 1-800-454-9800.

*Grand River Landing, 800 North St.
Claire, Fairport Harbor
September 6, 6 pm*

LifeCycles for Women

This lecture series focuses on a wide range of cross-generational topics common to all women. September's topic is 'Ask the Health Expert' Panel Discussion and Twilight Hike. Fee, including light hors d'oeuvres, is \$12 for LifeCycles members; \$15 for non-members. Please wear appropriate clothing for the twilight hike. To register, call the Best of Health Line at 1-800-454-9800.

*Holden Arboretum, Katherine Holden
Conference Center, 9500 Sperry Rd.,
Kirtland – September 18, 5:30 – 8:30 pm*

Community Health Lecture

Join us for this ongoing lecture series which features a variety of topics dealing with health and wellness. September's topic will be "Prostate Cancer and PSA Screening."

*TriPoint Medical Center
September 13, 6 pm*

Outpatient Wellness Services

Acupuncture

An ancient system of healing that allows the body to balance and heal itself. Used for joint pain, neurological problems, headaches, rheumatologic disorders, digestive disorders, infertility, sleeping disorders, stress, stroke, allergies, and more. Facial rejuvenation and cosmetic acupuncture are also offered.

*For more information and pricing, call
The Wellness Institute at 440-375-8153. To
schedule an appointment, call Centralized
Scheduling at 866-652-5253.*



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.