

# Monthly Wellness News

## from SHOTS, etc.™

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April 7<sup>th</sup> is World Health Day as designated by The World Health Organization, the United Nations specialized agency for health. The WHO was established in 1948 with the objective of helping all people of the world to attain the highest possible level of health. Health is defined in WHO's Constitution as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

The WHO, with representatives from all member nations of the UN, studies social issues, living conditions, cultural practices and other threats to the health and well-being of the world and its people. You may not think some of these issues affect us, living in the most highly developed nation in the world, but because of unexpected natural disasters, the increasing numbers of immigrants we receive and the unprecedented amount of travel that goes on between our country and others around the world, the U.S. has become more vulnerable than ever to diseases that were long ago eradicated from our list of health threats. This makes it even more urgent that you pay attention to information available to you regarding vaccines that are available to prevent you and your loved ones from vaccine-preventable illness that can be deadly. The Centers for Disease Control and Prevention in Atlanta works hand in hand with the World Health Organization to insure that we have the most up-to-date information about issues that may affect the health and wellness of the American people. Our tax dollars fund the work of the CDC and SHOTS, etc works under the guidelines and recommendations of the CDC in providing education and vaccination services to adolescents and adults. You can access an incredible amount of information at [www.who.int](http://www.who.int), [www.cdc.gov](http://www.cdc.gov), and [www.SHOTSetc.com](http://www.SHOTSetc.com) to help you make informed decisions about your health and that of those you love!

*This monthly newsletter is designed to help you make better choices relating to the health and wellness of you and those you love! Each month we will bring you very valuable information that you may or may not have heard before. It is our hope at SHOTS, etc. that you will read each newsletter and share the information with others...your family, friends, co-workers and neighbors!*

*If you missed previous issues of this informative newsletter, you may access them at [www.SHOTSetc.com](http://www.SHOTSetc.com). Please feel free to contact us at [info@SHOTSetc.com](mailto:info@SHOTSetc.com) with any questions or comments about the information you see here or with suggestions for future articles to be included in this newsletter!*

***Thank You for allowing SHOTS, etc. to serve your vaccination and wellness needs!***

### Inside This Issue

April is National IBS Awareness Month

TB skin tests recommended for ALL travelers

Youth Sports Safety Month

National Public Health Week

Free Vitamin B12 Injections for YOU!



### April is National Irritable Bowel Syndrome Awareness Month!

Most individuals are surprised to learn they are not alone with symptoms of IBS.

**In fact, irritable bowel syndrome (IBS) affects up to 20% of the general population.** It is the most common disease diagnosed by gastroenterologists (doctors who specialize in medical treatment of disorders of the stomach and intestines) and one of the most common disorders seen by primary care physicians. Sometimes irritable bowel syndrome is referred to as a spastic colon, mucous colitis, spastic colitis, nervous stomach, or irritable colon. Read more about IBS and related problems at [www.aboutibs.org](http://www.aboutibs.org). Because many nutrients are absorbed from the intestines during the digestive process, it is very important that we try to eat as healthily as possible, use vitamin supplements that are easily digested and try to manage the symptoms of stomach and/or intestinal disorders so that we get the most benefit from the foods we eat and the supplements we take. In addition to IBS, there are other digestive disorders and situations that prevent proper absorption of certain nutrients, including Vitamin B 12. Many people with IBS, Crohn's disease, surgical alteration of the stomach or intestines, diabetes and other chronic illnesses may benefit from monthly injections of Vitamin B-12. Get more information about this nutrient that is essential for proper functioning of the brain and nervous system at [www.SHOTSetc.com](http://www.SHOTSetc.com) to see if monthly Vitamin B-12 injections may be right for you!

### ***New Recommendation!***

The CDC now encourages all people traveling outside the U.S. this year to get a TB skin test 8-10 weeks after return. March Newsletter has more TB info.

*Spring Has Sprung! And one of the sure signs is that our children have started their spring sports activities! April is National Youth Sports Safety Month and we must be sure they are protected...not only with the proper equipment that fits correctly, but also that they are up-to-date on the vaccinations they need to stay healthy while participating in these activities. Your child's pediatrician should have their record of vaccinations they have received over their lifetime, but you should also keep updated vaccination records in a medical file at home. (You should have records for every family member.) Of special importance for all adolescents is the Tetanus/Diphtheria booster they need every ten years that should continue throughout the rest of their lives. If your child is due for their booster (it should have been given between ages 10 and 12), be sure to give them the booster that also contains Pertussis protection. Pertussis is also known as "whooping cough" and the experts now say that the series of DPT shots they received as infants have worn off. Pertussis is very infectious and the incidence in middle-school aged children is very high. Pertussis can even be deadly in some cases, so it is very important to check with your pediatrician to see if your child is protected. Also, do not depend on the doctor to keep up with what your child needs. Think of how many thousands of children they have to keep up with, a fact which opens the door for missing important vaccinations...especially if your child only sees the doctor when they are sick! Be a responsible parent...YOU probably only have a few kids to keep up with! SHOTS, etc. provides all vaccinations recommended for adolescents and adults. For detailed information about the TdaP booster for adolescents, visit the "Vaccines Available" page at [www.SHOTSetc.com](http://www.SHOTSetc.com). This vaccine is only given once, then followed every ten years by Td boosters.*



Public Health Week is observed April 6-10. Founded in 1872, the American Public Health Association (APHA) is the oldest, largest and most diverse organization of public health professionals in the world. The association works to protect all Americans and their communities from preventable, serious health threats. APHA represents a broad array of health officials, educators, environmentalists, policy-makers and health providers at all levels working both within and outside governmental organizations and educational institutions. Visit [www.apha.org](http://www.apha.org) for some enlightening information about what is being done to protect the American public from threats to the security, health and wellness of our nation.

**April is National STD Awareness Month. Did you know that Hepatitis B and Human Papilloma Virus (HPV) are the two most common sexually transmitted diseases in the U.S. AND that they both can be prevented with simple vaccines? Just because you have been married to the same person for years does not make you immune. Just because you are a teenager that has never actually had intercourse does not mean you are immune. Hepatitis B is transmitted by infected blood and body fluids. HPV can be transmitted by heavy petting or oral sex. Educate yourself about these two serious but vaccine-preventable diseases and keep yourself healthy!**



***A FREE VITAMIN B-12 INJECTION...JUST FOR YOU!***

*If you have never tried a Vitamin B-12 injection, now is the time to "give it a shot!" We want you to feel better everyday... and that is why we are offering monthly Vitamin B-12 injections at our Employee Wellness Clinics held at your place of employment.*

*Many people who take Vitamin B-12 injections on a regular basis report they have more energy, healthier immune systems, less allergies, stress, depression and headaches! If we are not already serving your company, please call or email us today to get your FREE monthly Employee Wellness Clinic scheduled. And here is a "happy" just for you! If you are participating in our Vitamin B-12 program monthly, you can receive your Vitamin B-12 shot FREE in your birthday month!*

*Just show us your ID! And Happy Birthday to YOU!*

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