

Monthly Wellness News

from **SHOTS**, etc.™

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Volume 4 Issue 2
February 2010

FEBRUARY IS “NATIONAL WISE HEALTH CONSUMER” MONTH!

Many of us are unaware of the existence of something called the “Patient Bill of Rights”. This outlines several points related to our healthcare options, including that we, as consumers, have a right to know or have access to our medical records and test results, to receive certain treatments regardless of whether or not we have insurance coverage, make decisions about end-of-life issues, etc. Not only do we have certain RIGHTS as patients or healthcare consumers, but we also have a great RESPONSIBILITY to be as well-informed and educated about various health issues so that we can make intelligent decisions about our healthcare and the care of others for whom we are responsible.

This 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 the January issue, you may access it at www.SHOTSetc.com. Please feel free to contact us with any questions or comments about this information or 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

February is Nat'l American Heart Month!

Important Numbers for Your Health!

Easy Diet and Nutrition Tips!

NEW Vaccine Prevents Cancer

Free Vitamin B12 Injections for YOU!

See page 2 for

**NUMBERS
THAT
COUNT
FOR A
HEALTHY
HEART!**

*February is also American Heart Month
and we want you to have a Healthy Heart!*

Has your cholesterol been checked in the last 6-12 months?

Do you know what “LDL” and “HDL” mean?

Do you know what YOURS is? Do you know what it SHOULD be?

SHOTS, etc. can perform a Lipid Panel (LPP) to determine your total cholesterol level, LDL (bad cholesterol), HDL (good cholesterol), triglycerides and heart risk ratio for only \$30! Simply have the nurse draw your blood sample at the monthly Employee Wellness Clinic and we will call with your results, usually in 1-2 days! You must have fasted for at least 5 hours before we draw your blood. You may have water or coffee/tea with no cream, but nothing else to eat or drink before testing.





Numbers That Count For A Healthy Heart	Goal
Total Cholesterol	Less than 200 mg/dL
LDL ("BAD") CHOLESTEROL (There are different goals for each level of risk for heart disease)	<p>People who are at low risk for heart disease: Less than 160 mg/dL</p> <p>People at intermediate risk for heart disease: Less than 130 mg/dL</p> <p>People at high risk for heart disease including those who have heart disease or diabetes: Less than 100 mg/dL</p> <p>People at very high risk for heart disease: Less than 70 mg/dL</p>
HDL ("GOOD") CHOLESTEROL	<p>Women: 50 mg/dL or higher</p> <p>Men: 40 mg/dL or higher</p>
TRIGLYCERIDES	Less than 150 mg/dL
BLOOD PRESSURE	Less than 120/80
FASTING GLUCOSE	Less than 100 mg/dL
BODY MASS INDEX(BMI)	Less than 25 kg/m²
WAIST CIRCUMFERENCE	<p>Women: 35 inches or less</p> <p>Men: 40 inches or less</p>
EXERCISE	Minimum of 30 minutes most days, if not all days of the week
See the Next Page for Diet and Nutrition Tips to Help Make Your Numbers What They SHOULD Be!	



BE ONE LESS LIFE AFFECTED BY CERVICAL CANCER

(This is worth repeating!)

HPV VACCINE PREVENTS CANCER!

Now approved for use in boys and men, too!

We have been hearing on the news and in TV advertisements for several years now about the fact that cervical cancer can be caused by a virus that is very contagious. The AWESOME news is that we now have a vaccine that will PREVENT genital warts and cervical cancer caused by forms of HPV. HPV or Human Papilloma Virus can be transmitted by sexual intercourse, oral sex and hand manipulation. Many people, both male AND female contract HPV at some point in their life, many times during their first sexual encounter. Research has shown that by 50 years of age, 85% of all women have contracted HPV. This is why annual Pap smears are imperative for all women, usually beginning at 16 or 18 years of age. Also, there has been a significant rise in the number of cancers of the throat and neck in both males and females due to HPV transmitted by oral sex. The current HPV vaccine, called Gardasil, is being offered to girls and women ages 9 to 26 because that is the range of ages where the results showed fully 100% protection from the forms of cervical cancer caused by 4 of the 5 main strains of HPV. Because it is unknown exactly when a woman may contract HPV, some physicians are prescribing Gardasil for women older than 26 years of age, although most insurance companies will pay for the vaccine only for those women within the recommended age range of 9-26. If a woman is already infected with HPV, Gardasil will NOT treat the virus and will NOT prevent advancement of cervical disease from that particular strain(s) of HPV. HOWEVER, it will prevent infection from the other strains in the majority of cases.

Sept. 2009: GARDASIL APPROVED BY THE CDC FOR BOYS AND MEN, TOO!

Not only do males spread the HPV virus to females and other males, they are also at risk for genital warts and penile cancer. Many parents are hesitant to talk to their teenage sons and daughters about sexual relations for fear that they are giving them permission to have sex. Why would we not tell them about a vaccine that could save their life?

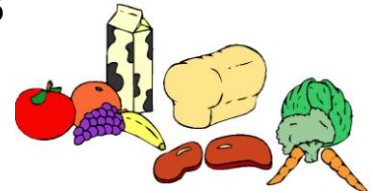
Tell someone you love about HPV and how to prevent it with Gardasil vaccine!

For more information about HPV and Gardasil, visit www.SHOTSetc.com or www.merck.com.



SAVE HUNDREDS OF DOLLARS ON TRAVEL VACCINES WITH SHOTS, etc.
www.SHOTSetc.com

Easy DIET AND NUTRITION TIPS



- Eat at least **5 daily servings** of fruit and vegetables.
- Eat at least **6 daily servings** of grain products, including whole grains.
- Eat at least **2 servings** of oily fish per week.
- Eat **25-30 grams** of fiber per day.
- Limit cholesterol to less than **300 mg** a day for the general population, and less than **200 mg** a day for those with heart disease risk factors.
- Limit intake of saturated fat and trans fat to less than **10 percent** of total calories for the general population.
- Choose fats and oils with **2 grams** or less saturated fat per tablespoon.
- Limit salt intake to less than **6 grams** (2,300 mg sodium) per day. (Slightly less than one teaspoon.)
- If you drink, limit alcohol consumption to no more than **one drink** per day for women and **two drinks** per day for men.
- **Balance** the number of calories you eat with the number you use each day. To find that number, multiply your weight in pounds by:
 - 15 calories (if you're active and of normal weight)
 - 12 calories (if you're inactive and of normal weight)
 - 15 calories (if you're active and obese)
 - 13 calories (if you're inactive and obese)

Eliminate all tobacco products and exposure to second-hand smoke. Smoking and the use of tobacco products negatively affects your nutritional status and causes other health problems.

Numbers That Count for a Healthy Heart and Diet and Nutrition Tips adapted from information found at www.americanheart.com.

*Visit the following link for more information about your heart and how you can add years and vitality to YOUR life!
<http://www.americanheart.com/presenter.jhtml?identifier=10000052>*



KEEP YOURSELF HEALTHY.

Eating healthy foods, doing regular physical exercise, taking good multi-vitamin and mineral supplements and getting plenty of sleep v your body stay strong, healthy and able to resist the plethora of viruses and bacteria with which we come in contact every day! Vitami supplementation, especially the more efficient injectable form, has helped boost immunity in many people who otherwise feel run down and susceptible to illness. Refer to our website www.SHOTSetc.com for more information about Vitamin B-12 supplementation.

Have you ever had a question about a health problem that Aunt Susie has or about that new medication for arthritis you saw advertised on TV? Have you wanted to find out more about what your options may be for fertility treatments, a healthy weight loss plan or how to better discipline your child when he/she just won't listen? MyWebMD is an excellent tool for a wide variety of useful information relating to you and your family's health! You can use it to research just about anything health-related and the information found there is written and supported by medical experts from all fields of healthcare. SHOTS, etc. is dedicated to education, vaccination and disease prevention! We recommend the information found at www.webmd.com as an additional resource for helping YOU and the ones you love stay healthy and informed!

*****IMPT TRAVEL AND VACCINE INFO FOR HAITIAN RELIEF WORKERS, visit the following link:

<http://wwwnc.cdc.gov/travel/content/news-announcements/relief-workers-haiti.aspx>

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, receiving your monthly injections either at your office or at OUR office, 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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