

# Monthly Wellness News

from **SHOTS**, etc.™

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## A New Year's Resolution to Keep!

**ALL** of us have made New Year's Resolutions in the past and I'll wager that most of us have broken those resolutions before! Well here is one resolution we **ALL** should make and vow to keep as if our lives depended on it!

*Let's ALL resolve to take BETTER care of our health this year!*

No matter what age we are...twenty-something or eighty-something...the lifestyle choices we make directly determine our health both today and for the rest of our lives! This newsletter will be a monthly publication 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. Please feel free to contact us with any questions or comments about this information or with suggestions for future topics!

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

## Inside This Issue

7 Good Health Habits

Think You Have the Flu?

HPV Vaccine Now for Boys and Men, too!

Free Vitamin B12 Injections for YOU!

Traveling out of the U.S. next year? Info you need to know!

### FLU FACTS

- Flu season in this part of the world runs Oct-March with most cases in January/February
- A flu shot CANNOT give you the flu because it is made from DEAD flu virus
- About 7-10 years ago, people DID get the flu from the flu shot because it was made from LIVE flu virus
- Each year 30,000-50,000 people of all ages in the US die of the flu and its complications

For more info, visit:

<http://pandemicflu.gov>

## IT'S NOT TOO LATE TO KEEP THE FLU BUG AWAY!



Unfortunately, many people this year have either not been able to GET or have chosen NOT to take the seasonal flu vaccine OR the new H1N1 Swine flu vaccine. For those considered high-risk, this may mean sudden, severe respiratory illness, complications and possible death if they contract one of the influenza viruses. Even those of us who are not high-risk are vulnerable to influenza, especially the H1N1 Swine flu which the experts designated a worldwide pandemic in 2009. As of December 2009, there have been tens of thousands of people of all ages in the U.S. sickened by this "novel" strain of influenza resulting in thousands of deaths. SHOTS, etc. is currently administering both the seasonal and H1N1 Swine flu vaccines in our office and at worksites as requested. Because January is considered the peak of the influenza season in this part of the world, ALL of us need to be vaccinated with BOTH vaccines and also more aware of a few simple but VERY IMPORTANT Good Health Habits that will help healthy AND high-risk individuals alike avoid the flu and other serious illnesses.

*Continued on page 2.*

**MEDICAL ALERT!** NEVER GIVE ASPIRIN TO A CHILD OR TEEN IF YOU THINK THEY HAVE THE FLU OR AFTER THEY HAVE RECEIVED THE FLU VACCINE!

## GOOD HEALTH HABITS:

### AVOID CLOSE CONTACT.

Avoid close contact with people who are sick. Stay at least 3 feet away from those who are coughing, sneezing, or who have a fever.



### STAY HOME WHEN YOU ARE SICK.

If possible, stay home from work, school, and errands when you are sick. Do not go to places where there are large numbers of people such as malls, grocery stores, movie theatres or churches. Do NOT send your child to daycare or school when they have a fever! Find a friend or family member able to keep your child if he/she is sick and you are unable to stay home with them.

### COVER YOUR MOUTH AND NOSE.

Cover your mouth and nose with tissue when coughing or sneezing, and then throw the tissue away. If you can't grab a tissue fast enough, cough or sneeze into your elbow or your sleeve to reduce viral spread. Germs can travel all the way across the room when we cough or sneeze. If you cough or sneeze into your hands, wash them immediately or at least use hand sanitizer, as directed.

### KEEP YOUR HANDS CLEAN.



Washing your hands for at least 20 seconds with antibacterial soap and warm water is the single most important thing to help protect you and others from many illnesses, including the influenza virus. Wash your hands thoroughly before and after eating, when handling items others have touched and every time you come home after being out in public. Of course, you MUST wash your hands well after using the restroom, even if you think you haven't touched anything. Use your paper towel to open the bathroom door after drying your hands. Keep alcohol-based or gel sanitizers in your purse, briefcase and desk and use them whenever you cannot wash your hands. Some sanitizers will kill up to 99% of certain bacteria and viruses.

### AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.

Germs are most often spread when we touch something (telephone, doorknob, remote) that is contaminated with germs and then touch our eyes, nose, or mouth. The flu virus can rest on your mucous membranes for up to two days before it multiplies enough to cause symptoms of illness.

### DISINFECT YOUR WORK STATION.

Use a good antibacterial, antiviral cleaning cloth for your telephone, desk, fax/copier, computer mouse, door handles and other objects and surfaces that are touched or handled by others. This should be done daily to help reduce your chances of infection by others.

### KEEP YOURSELF HEALTHY.

Eating healthy foods, doing regular physical exercise, taking good multi-vitamin and mineral supplements and getting plenty of sleep will help your body stay strong, healthy and able to resist the plethora of viruses and bacteria with which we come in contact every day! Vitamin B12 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](http://www.SHOTSetc.com) for more information about Vitamin B-12 supplementation.



## January is Cervical Health Awareness Month

### **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](http://www.SHOTSetc.com) or [www.merck.com](http://www.merck.com).

\*\*\*IF YOU THINK YOU ARE COMING DOWN WITH THE FLU, see your doctor immediately because there are new prescription medications that can treat the flu. If taken within 48 hours after symptoms appear, these antiviral drugs can greatly reduce the severity of symptoms and decrease the duration of illness by up to a day and a half. Many people confuse a two or three day illness as being the flu, but true influenza will knock you down for at least a week. So, follow the Good Health Habits outlined above and see your doctor immediately if you think you have the flu! What's the best protection of all? GET A FLU SHOT! \*\*\*



Traveling to Mexico?  
 Taking a Luxurious Cruise?  
 Going Anywhere Outside the U.S.?



Certain vaccines are recommended by the Centers for Disease Control and Prevention for **EVERYONE** traveling outside the United States.

Call the vaccination specialists at **SHOTS, etc.** TODAY to find out what vaccines YOU need to be sure the only things you bring back with you are beautiful photographs, unique souvenirs and great memories!

*Unlike other travel clinics or physician's offices, we DO NOT charge you an office visit fee or a per-shot administration fee in addition to the vaccine fee.*

*We ONLY charge you for the cost of the vaccine!*  
**YOU CAN SAVE HUNDREDS OF \$\$ WITH US!**

**SHOTS, etc.**™ [www.SHOTSetc.com](http://www.SHOTSetc.com)

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Please visit our website and click on the International Travelers page for specific information on which vaccines are recommended for the destination to which you are traveling. Although vaccines may not be **required** for your visit, it is strongly recommended that you are up-to-date on the vaccines that are **recommended** for your destination, even if it is just a quick trip to Mexico. With the increased mobility of our society, we are being exposed to many diseases that may have been previously eradicated in the U.S. We **MUST** protect ourselves through education and vaccination!

\*\*\*\*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!***

*Well, the holiday season is officially behind us and many of us are exhausted from all of the activities and stresses we put on ourselves during this time of celebration! Some people suffer an emotional let-down during this time of year. We want you to feel better as we enter the New Year so that is why we are offering monthly Vitamin B-12 injections at our Employee Wellness Clinics held at your place of employment. 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 monthly Vitamin B-12 program, receiving your monthly injections either at your office or at OUR office, you will 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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