

Monthly Wellness News

from **SHOTS**, etc.™

7648 Hwy 70 So.
Nashville, TN.
37221
Ph. 615-469-7413
Fax 615-469-5935
www.SHOTSetc.com

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Inside This Issue

Travelers Beware! Get vaccinated NOW!

TB News for everyone!

International Adoption Update

Protect your kids at camp & sports activities!

Free Vitamin B12 Injections for YOU!

Summertime means vacations, swimming, gardening, foreign travel, summer camps, yard work, sports activities, more yard work, church mission trips and even more yard work!

What do all of these activities have in common?

The risk for acquiring diseases which can be deadly if you are not up-to-date on your vaccines! Adults are just as susceptible as children and adolescents, but most of us have NO IDEA what vaccines are recommended for us to stay healthy! In this month's newsletter, we will focus on vaccines that are related to these summertime activities, then in August we will cover the other important vaccines during *Immunization Awareness Month!*



If you missed previous issues of this informative newsletter, you may access them at www.SHOTSetc.com. Please feel free to contact us at 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!



Traveling to Mexico?

Taking a Luxury Cruise?

Going Anywhere Outside of the U.S.?

Certain vaccines are recommended by the CDC for ALL TRAVELERS!

Even though the use of vaccines in the U.S. over the past half-century has eradicated most of the dreaded infectious diseases from our society, they are still causing deaths in many parts of the world. Because international borders are being crossed by more people than ever in the history of the world, many of these diseases are being imported back into the U.S. by travelers from every nation! Be certain you are up-to-date on ALL of the vaccinations that the CDC recommends as routine for children, adolescents AND adults. THEN, be certain you take the recommended vaccines specific for your travel destination! Do not make the mistake of ONLY taking the vaccines that are REQUIRED for your travel, if any. The vaccines that are RECOMMENDED for your destination are even more important in keeping you healthy and safe as you travel. Call us or come by with your vaccination records for a FREE consultation regarding your vaccination history, the vaccines you may need for travel and other preparations you need to make before you go! Be sure you give yourself at least 4-6 weeks before departure to get your vaccines so they will be protecting you as you travel. If you find yourself with a shorter time frame, it is even more important that you get the best advice possible. Call the vaccination specialists of SHOTS, etc. for all of your vaccination needs!

Visit www.SHOTSetc.com and click on the International Travelers page for more information and pricing.

New Recommendation!

The CDC now recommends that all people who travel outside the U.S. this year get a TB skin test 8-10 weeks after their return.

Some Things You Probably Do Not Know About TB!

Have you ever had a TB skin test? Did you know that most of us have probably been in contact with a TB carrier or someone with some form of TB (tuberculosis) at some point in our day to day lives? It could've been someone who served us in a restaurant, someone we sat next to on an airplane, someone waiting in line at the grocery store or even sitting next to us in class or at the office. There's no way to tell just by looking at someone whether or not they have TB.

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment. The general symptoms of TB disease of the lungs include feelings of sickness or weakness, weight loss, fever, and night sweats. They may also include coughing, chest pain, and the coughing up of blood. TB disease of other organs has other specific symptoms.

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection. People with *latent TB infection* have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease, but first have to be diagnosed.



The first step in diagnosis is usually a TB skin test. You can be tested at any time. Many healthcare workers are required to have annual TB skin tests due to their high possibility of exposure. Persons returning from overseas travel should also be tested due to the high rate of TB in other countries. **SHOTS, etc. offers TB skin tests at our office or yours! See www.SHOTSetc.com for details!**

SO...you may ask...what if I am NOT traveling out of the U.S. this year? GOOD QUESTION!

There are dangers lurking here at home...even in our own backyards! Everyone needs a Tetanus Diphtheria booster every ten years whether you step on a rusty nail or not! People die every year from tetanus that they contract through an open wound from scratches and cuts they get at work, at home, in the garden and from just playing with their pets! How simple it is to get a **Tetanus/Diphtheria** booster every ten years and not have to worry about it! If you or your children are due for a booster, it is recommended that you take the preparation that also contains Pertussis protection (unless they have had a past problem with the Pertussis vaccine). Visit www.SHOTSetc.com and on the Vaccines Available page, click on both the TD and Tdap links for details and to see which one of these is right for you!



Another vaccine that is important not only for international travelers, but also for those of us stay-at-home people is the **Hepatitis A** vaccine. Hepatitis A is a highly infectious disease of the liver that is transmitted when an infected person does not wash their hands after using the bathroom and then prepares your food. Yuck!! Food can be contaminated anywhere in the supply chain from the planting of fruits and vegetables to harvest, transport and preparation.

Hepatitis A can also be transmitted during diaper changes between infants and toddlers or by fecal contamination of water for drinking or swimming. If you don't think you need this vaccine, ask yourself if you ever eat out in restaurants or fast food establishments. Then get the vaccine! It is already being given as one of the recommended vaccinations for our children.



Summer is officially underway! And one of the sure signs is that our children are out of school and are already deep into sports and other summer activities! As parents, we must be sure that in the middle of all of this fun that they are well 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. There are two vaccinations of special importance for adolescents participating in sports activities or summer camp of any kind! Between ages 10 and 12 yrs old, they should receive a Tetanus/Diphtheria/Pertussis booster. Pertussis is also known as “whooping cough” and the experts now say that the series of DPT shots they received as infants have probably 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. At age 11, they also should have a vaccination to prevent meningitis, a sometimes deadly inflammation of the brain that is spread by living in close quarters, kissing, sharing eating utensils and food and drink. For detailed information about these and other vaccines for adolescents, visit the “Vaccines Available” page at www.SHOTSetc.com. SHOTS, etc. provides all vaccinations recommended for adolescents and adults to help keep you and your family healthy everyday!



INTERNATIONAL ADOPTION UPDATE



Over 20,000 infants and children are adopted from abroad each year by citizens of the United States. Infants and children from Asia, Central and South America, and Eastern Europe account for >90% of international adoptions. To complete an international adoption and bring an infant or a child to the United States, prospective parents must fulfill the requirements set forth by the Bureau of Citizenship and Immigration Services (BCIS) <http://uscis.gov/graphics/index.htm> (formerly the Immigration and Naturalization Service [INS]), the foreign country where the infant or child resides, and sometimes the state of residence of the adoptive parent(s). Adoptive parents who travel overseas to pick up their child should obtain pre-travel advice. They should be aware that unexpected complications in the adoption process may prolong their stay and should plan accordingly, especially if malaria prophylaxis or other important medication is needed. They and all other family members should be up-to-date on all of their age-appropriate recommended vaccinations as well as the vaccines recommended for travel when picking up their child in their native land. Of special concern is Hepatitis B protection and Measles-Mumps-Rubella protection for all adoptive family members.

Call our office today for details if international adoption is in your future!



This information was taken from the CDC Yellow Book Information for International Travelers. Watch our website for a new page dedicated to information re: International Adoptions.

5 Things You May Not Know About Vitamin B12...

- Vitamin B-12 is necessary for your brain to function.
- People who take Metformin (glucophage) for diabetes or other conditions do not absorb any Vitamin B-12 from tablet supplements.
- Gastric bypass surgery prevents absorption of many essential nutrients from the stomach and intestines; many patients need to take B-12 injections monthly.
- New evidence supports that brain atrophy in Alzheimer’s patients may be due to Vit.B-12 deficit.
- Red meat is the most significant dietary source of Vitamin B-12. Unless you eat 4-5 servings per week, you’re not getting enough. Vegetarians beware!

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!” Many people who take Vitamin B-12 injections on a regular basis report they have more energy, healthier immune systems, better sleep, less allergies, stress, depression and headaches. And here is a “happy” just for you! If you are participating in our monthly Vitamin B-12 program, you will receive your Vitamin B-12 shot FREE in your birthday month! Just show us your ID...and Happy Birthday to YOU!

