

Monthly Wellness News

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March is National Colorectal Cancer Awareness Month!

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer, for short. Colorectal cancer primarily affects men and women aged 50 years or older. Overall, it is the second leading cancer killer in the United States. For men, colorectal cancer is the third most common cancer after prostate cancer and lung cancer. For women, colorectal cancer is the third most common cancer after breast cancer and lung cancer.

[Colorectal cancer screening](#) saves lives. If everybody age 50 or older had regular [screening tests](#), at least 60% of deaths from this cancer could be avoided. Screening can find pre-cancerous polyps (abnormal growths in the colon or rectum) so that they can be removed before turning into cancer. If you are aged 50 or older, or think you may be at higher than average risk for colorectal cancer, speak with your doctor about getting screened.

See page 2 for risk factors and symptoms that may be related to colorectal cancer.

Visit www.preventcancer.org/colorectal for more information you need to know!

This newsletter is 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! If you missed previous issues, you may access them at www.SHOTSetc.com.

Please feel free to contact us 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

Important Info
about TB (aka
Tuberculosis)

COLORECTAL
CANCER
AWARENESS

“HUFFING” is
killing our teens!

EASY DIET and
NUTRITION
TIPS (again!)

Free Vitamin
B12 Injections
for YOU!

World Tuberculosis Day is March 24!

This is an occasion for people around the world to raise awareness about the international health threat presented by tuberculosis (TB). It is a day to recognize the collaborative efforts of all countries, including the U.S., that are involved in fighting TB. TB can be cured, controlled, and, with diligent efforts and sufficient resources, eventually eliminated!

Some Things You Probably Do Not Know About TB!

Have you ever had a TB skin test? Did you know is that most of us have probably been in contact with a TB carrier or someone with active TB at some point in our day to day lives? It could have 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.

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing 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.

TB disease 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.

The first step in diagnosis is a TB skin test which can be done 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 be tested 8-10 weeks after returning due to the high rate of TB in other countries. Visit www.stopTB.org for more info.

SHOTS, etc. offers TB skin tests at our office or yours! See www.SHOTSetc.com for details!



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Risk Factors for developing colorectal cancer:

The risk of developing colorectal cancer increases with advancing age. More than 90% of cases occur in people aged 50 or older. Other risk factors include:

- Inflammatory bowel disease
- A personal or family history of colorectal cancer or colorectal polyps
- Certain hereditary syndromes

Lifestyle factors that may contribute to increased risk of colorectal cancer:

- Lack of regular physical activity
- Low fruit and vegetable intake
- A low-fiber and high-fat diet
- Overweight and obesity
- Alcohol consumption
- Tobacco use



Colorectal cancer first develops with few, if any, symptoms. However, if symptoms are present, they may include:

- Blood in or on the stool
- A change in bowel habits
- Stools that are narrower than usual
- General, unexplained stomach discomfort
- Frequent gas, pains or indigestion;
- Unexplained weight loss
- Chronic fatigue



These symptoms can also be associated with many other health conditions. If you have any of them, discuss them with your doctor. Only your doctor can determine why you're having these symptoms. This information was taken from www.cdc.gov Disease and Conditions.

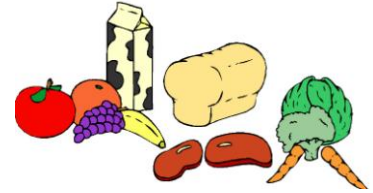


DO YOU KNOW THE DANGERS IN YOUR HOUSEHOLD PRODUCTS?

Everyday our children are faced with very serious threats to their health and future. Marijuana is still very popular and is considered the “gateway drug” to more dangerous drugs, such as cocaine, ecstasy and crystal meth. But there are many products (found right in our own homes) that are being used in another increasingly popular practice among teens. “Huffing” is the practice of inhaling aerosol fumes for a cheap, quick trip away from reality. What our teens do NOT know is that this practice is causing permanent brain damage or death with the FIRST use! March 14th -20th is designated as National Inhalants and Poisons Awareness Week. Get more information about “huffing” at www.inhalants.org or perform a Google search of “huffing” for excellent articles and tips for parents. *Although the use of inhalants does not show up in routine drug testing technology, if you think your child may be using drugs, DO NOT hesitate to have them tested with a specific test. It is our responsibility as parents to keep them safe as they try to navigate through the bad influences in their lives.

Get more information at <http://www.inhalants.org>
SHOTS, etc. performs discreet urine drug testing in our office for 10 major classes of most commonly used drugs. See www.SHOTSetc.com for details.

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 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 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! In addition to the wealth of information on thousands of topics found at www.cdc.gov, we also recommend the information found at www.webmd.com as an additional resource for helping YOU and the ones you love stay healthy and informed!

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!

