

# Monthly Wellness News

from **SHOTS**,<sup>TM</sup> **etc.**

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## MAY 19<sup>th</sup> IS NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

The Centers for Disease Control and Prevention (CDC) is partnering with businesses and other organizations through their **Healthy People in Healthy Places** program in hopes that the places where people live, work, learn, and play will protect and promote their health and safety, especially those at greater risk of health disparities. Specifically, the program **Healthy Workplaces** emphasizes their goal to "promote and protect the health and safety of people who work by preventing workplace-related fatalities, illnesses, injuries, and personal health risks." Many employers already have at least one program in place to help keep their employees healthy! In fact, that is how you are receiving this newsletter! Most likely, your employer contracted with **SHOTS, etc.** last fall to provide flu shots to protect you from influenza! Their concern for your overall health continues year-round with this newsletter and the monthly Employee Wellness Clinics that are offered at your workplace. What can YOU get from the Employee Wellness Clinic? Have your blood pressure checked FREE on a regular basis! Pick up some new information about vaccines that we all need to stay healthy! Ask the nurse to give you details on vaccines you may need when traveling outside the U.S. Have simple screening blood tests such as thyroid levels, cholesterol/triglycerides, kidney/liver function or red and white blood cell counts performed at your location with results phoned to you confidentially the next day. Take advantage of having a licensed/registered nurse visit you at work every month to help you stay healthy! And be sure to thank your manager or HR Director for this "free perk" that shows they care about you!



*This newsletter is a monthly publication designed to help you make better and more-informed 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!**

### **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.

### **Hepatitis Awareness Month**

## **HEPATITIS: WHAT YOU SHOULD KNOW!**

Hepatitis is a potentially serious condition of the liver that can result in long-term damage to the liver and other organs and can result in death. Many different things can cause hepatitis, including certain drugs and medications, bacteria and viruses. The most common types of viral hepatitis are Hepatitis A, Hepatitis B and Hepatitis C although there are several other types including D and E. Currently, the only vaccines that are available to prevent hepatitis are for Hepatitis A and B. Because of the high rate of Hepatitis A and B infection in the U.S., the CDC recommends that all children are vaccinated against both of these diseases as part of their regular childhood immunization schedule. It is also recommended that all adults who wish to be protected receive both Hepatitis A and B vaccines. Read more about Hepatitis A, B, and C infections (including their causes and symptoms) and the vaccines that prevent them on Page 2.

### **Inside This Issue**

**Employee Health and Fitness Day**

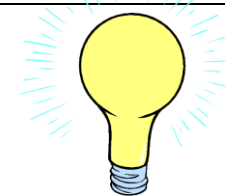
**Hepatitis A, B, C What's the Diff?**

**Tetanus booster: We all need it!**

**HIV/AIDS Vaccine Update**

**Vitamin B12: Info to Know**

**Free Vitamin B12 Injections for YOU!**



	<b>Hepatitis A</b> caused by the hepatitis A virus (HAV)	<b>Hepatitis B</b> caused by the hepatitis B virus (HBV)	<b>Hepatitis C</b> caused by the hepatitis C virus (HCV)
<b>How is it spread?</b>	HAV is found in the feces of people with hepatitis A and is usually spread by close personal contact (including sex or sharing a household). It can also be spread by eating food or drinking water contaminated with HAV.	HBV is found in blood and certain body fluids. The virus is spread when blood or body fluid from an infected person enters the body of a person who is not immune. HBV is spread through having unprotected sex with an infected person, sharing needles or .works. When shooting drugs, exposure to needle sticks or sharps on the job, or from an infected mother to her baby during birth. Exposure to infected blood in ANY situation can be a risk for transmission.	HCV is found in blood and certain body fluids. The virus is spread when blood or body fluid from an HCV-infected person enters another person's body. HCV is spread through sharing needles or .works. when shooting drugs, through exposure to needle sticks or sharps on the job, or sometimes from an infected mother to her baby during birth. It is possible to transmit HCV during sex, but it is not common.
<b>Who should be vaccinated?</b>	<ul style="list-style-type: none"> <li>. All children at age 1 year (i.e., 12.23 mos.)</li> <li>. Older children in cities and states where routine hepatitis A vaccination is recommended</li> <li>. Household contacts of infected persons</li> <li>. Sex partners of infected persons</li> <li>. Persons traveling to countries where hepatitis A is common (all except Canada, Western Europe, Japan, Australia, and New Zealand)</li> <li>. Men who have sex with men</li> <li>. Injecting and non-injecting drug users</li> <li>. Persons with chronic liver disease</li> <li>. Any person who wants protection from HAV infection</li> </ul>	<ul style="list-style-type: none"> <li>. All children and teens ages 0.18 years</li> <li>. Healthcare &amp; public safety workers who might be exposed to blood</li> <li>. International travelers to moderate- or high-risk areas of the world</li> <li>. Household contacts of chronically (life-long) infected persons</li> <li>. Immigrants &amp; children of immigrants from areas with elevated HBV rates, such as Asia, Africa, the Pacific Islands, Eastern Europe</li> <li>. Sexually active persons who are not in long-term mutually monogamous relationships</li> <li>. Persons diagnosed with a sexually transmitted disease</li> <li>. Men who have sex with men</li> <li>. Sex partners of HBV-infected persons</li> <li>. Injecting drug users</li> <li>. Persons with severe kidney disease (including predialysis/dialysis)</li> <li>. All persons who wish to be protected from HBV infection</li> </ul>	<ul style="list-style-type: none"> <li>. Injecting drug users</li> <li>. Recipients of clotting factors made before 1987</li> <li>. Hemodialysis patients</li> <li>. Recipients of blood or solid organ transplants before 1992</li> <li>. Infants born to HCV-infected mothers</li> <li>. People with undiagnosed abnormal liver test results</li> </ul> <p>Although HCV is not commonly spread through sex, persons having sex with multiple partners or with an infected steady partner may be at increased risk of HCV infection. There is no vaccine for hepatitis C.</p>
<b>What if you are infected?</b>	The only way to know if you have already been infected is to have your blood tested for HAV, HBV, or HCV infection. If you are concerned about your risk, talk to your healthcare provider about your need for blood testing. Viral hepatitis symptoms are similar no matter which type of hepatitis you have. If symptoms occur, you might experience any or all of the following: jaundice (yellowing of the skin and whites of the eyes), fever, loss of appetite, fatigue, dark urine, joint pain, abdominal pain, diarrhea, nausea, and vomiting. Very rarely, a recently acquired case of viral hepatitis can cause liver failure and death. Sometimes in these instances, a liver transplant (if a liver is available) can save a life. Note: For all types of viral hepatitis, symptoms are less common in children than in adults, and for people of any age with HCV infection, they are less likely to experience symptoms.		
<b>How is it prevented?</b>	<ul style="list-style-type: none"> <li>. Hepatitis A vaccination is the best protection. Vaccination is recommended for all children at age 1 year (i.e., 12–23 months), for older children who live in areas where hepatitis A vaccination programs are in place, for persons listed in risk groups (see above), and for any person who wishes to be protected from hepatitis A. . For a recent exposure to someone with HAV or if travel is soon (leaving in less than 4 weeks) to an area of the world where hepatitis A is common, see your healthcare provider about your need for a dose of immune globulin (IG).</li> <li>. Always wash your hands with soap after using the toilet, changing a diaper, and before preparing and eating food.</li> <li>. Hepatitis A vaccine can be administered to any person age 1 year or older who wants to be protected from HAV infection.</li> </ul>	<ul style="list-style-type: none"> <li>. Hepatitis B vaccination is the best protection. Routine vaccination is recommended for all persons 0.18 years of age, for all newborns at birth before hospital discharge, for persons of all ages who are in risk groups for HBV infection (see above), and for any person who desires protection from hepatitis B.</li> <li>. Whenever a woman is pregnant, she should be tested for hepatitis B; infants born to HBV-infected mothers should be given HBIG (hepatitis B immune globulin) and vaccine within 12 hours of birth.</li> <li>. Persons who are not in mutually monogamous relationships should use latex condoms correctly and for every sexual encounter. (The efficacy of latex condoms in preventing infection with HBV is unknown, but their proper use may reduce transmission.)</li> </ul> <p><b>More information to help you prevent hepatitis B and hepatitis C:</b></p> <ul style="list-style-type: none"> <li>. Don't share personal care items that might have blood on them, such as razors, toothbrushes, and washcloths.</li> <li>. Consider the risks if you are thinking about getting a tattoo or body piercing. You might get infected if the tools or dye have someone else's blood on them or if the artist or piercer does not follow good sterilization practices.</li> <li>. Healthcare or public safety workers should always follow routine barrier precautions and safely handle needles and other sharps. In addition, they should be vaccinated against hepatitis B.</li> <li>. If you have or have had HBV or HCV infection, do not donate blood, organs, or tissue.</li> <li>. Don't shoot drugs. If you do, try to stop by getting into a treatment program. If you can't stop, never share drugs, needles, or .works. (syringes, water, spoons, or cotton). Get vaccinated against hepatitis A and B.</li> </ul>	<ul style="list-style-type: none"> <li>. There is no vaccine to prevent hepatitis C.</li> <li>. HCV can be spread by sex, but this is not common. If you are not in a mutually monogamous relationship, use latex condoms correctly and every time to prevent the spread of sexually transmitted diseases. (The efficacy of latex condoms in preventing HCV infection is unknown, but their proper use may reduce transmission.) In addition to getting hepatitis A vaccine, you should also get hepatitis B vaccine.</li> </ul>

## ATTENTION ADULTS AND CHILDREN WITH ASTHMA

Children and adults with asthma are at high risk of developing complications after contracting the influenza virus, yet most adults and most children with asthma do not receive an annual flu vaccination, according to a study by the Centers for Disease Control and Prevention (CDC). Be sure that you and those you love with asthma take their flu shot every fall to prevent the serious complications that can lead to flu-related deaths. Flu vaccine should be given annually to everyone ages 6 months and older, but especially those with asthma and other long-term illnesses. The flu vaccine you receive in the fall will give you a full year of protection from specific strains of influenza virus. Get your flu shot yearly!



## ***Do you remember when you had your last Tetanus shot?***

If you can't remember when it was, you probably need another one!



## ***Did you know you can get Tetanus from just playing with your pet?***

Tetanus is found in its intestinal system as well as in mulch, soil and most surfaces.

## ***Did you know you can die in as little as 3 days from Tetanus (lockjaw)?***

EVERYONE needs a booster dose every 10 years beginning at adolescence!

### ***Special note to NEW PARENTS, EXPECTANT PARENTS AND PARENTS OF TEENS:***

*New and expectant parents, grandparents and caregivers of infants should receive the Tetanus/Diphtheria booster that also contains pertussis (whooping cough) protection.*

*This is vital to prevent YOU from giving deadly pertussis to your baby before his/her immunity is established. Protect your babies by protecting yourself!*



*If your adolescent child is due for their booster (it should have been given between 10 and 12 yrs. of age), be sure to give them the booster that also contains Pertussis vaccine. Experts now say that the Pertussis protection they received as infants in their DPT shots appears to wear off by adolescence. 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 be sure your child is protected.*

**SHOTS, etc. administers ADACEL to protect against Tetanus/Diphtheria/Pertussis infection.**

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

- Vitamin B-12 is necessary for your brain to function.
- People who take Metformin (glucophage) 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!*

## **May 18 is HIV Vaccine Awareness Day**

### **UPDATE ON HIV/AIDS VACCINES**

**Over the past 15 years, numerous "candidate vaccines" have been developed and studied for effectiveness in the prevention and therapeutic treatment of HIV/AIDS.**

**Preventive vaccines** are for HIV-negative individuals; they are to prevent HIV infection.

**Therapeutic vaccines** are for HIV-positive individuals; they are to improve the immune system.

*Currently no HIV/AIDS vaccines are approved for use. Recently, clinical trials on the first HIV/AIDS vaccine were halted due to poor performance. However, several others are in various stages of development and vaccine manufacturers and researchers around the world are determined we will one day soon have a vaccine to stop this deadly killer of innocent men, women and children.*

Most likely, every one of us knows someone affected by HIV/AIDS, whether we know it or not! Stay informed about this disease that has become widespread in both the heterosexual and homosexual populations and continues to increase in teenagers. Visit [www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov) for more info. © 2007 SHOTS, etc