



HEALTHY TIMES

VOLUME 1, ISSUE 3

AUGUST 2011

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

August is National Immunization Awareness Month and is the perfect time to promote immunizations and remind family, friends, and coworkers to get caught up on their shots.

Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness.

The World Health Organization estimates that at least 2 million people in all age groups will die from diseases preventable by vaccines recommended by the World Health Organization.

Here are some basic recommendations for vaccinations based on age category:

Young children:

- Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

Preteens:

- All 11- and 12-year-olds need shots to help protect against tetanus, diphtheria, whooping

cough, and meningitis.

- Doctors recommend girls also get the HPV vaccine to protect against the most common cause of cervical cancer.

Adults:

- All adults need a tetanus shot every 10 years.
- Adults age 50 and older need a flu shot every year.
- People age 65 need a one-time pneumonia shot.

Talk to your doctor or nurse about which shots you and your family need.

Additional resources may be found at www.healthfinder.gov and enter "Immunizations" in the search box.

National Immunization month is sponsored by the Centers for Disease Control and Prevention and the National Center for Immunization and Respiratory Diseases.

An ounce of prevention may save the life of you or someone you love or care about.

Source: Healthfinder.gov, immunize.org, World Health Organization

WORLD BREASTFEEDING WEEK

World Breastfeeding Week is recognized August 1st through 7th and is celebrated in more than 170 countries worldwide.

The 2011 theme "Talk to Me! Breastfeeding - a 3D Experience" deals with communication at various levels.

When we look at breastfeeding support, we tend to see it in two-dimensions: time (from pre-pregnancy to weaning) and place (the home, community, health care system, etc.). However, neither has much impact without a THIRD dimension – communication!

This year people join together to celebrate the collective efforts around the world to protect, support, and promote breastfeeding. As global exclusive breastfeeding rates continue to rise, the momentum to promote and continue to promote breastfeeding is a good decision.

Breastfeeding benefits mom, baby, and society. Healthier babies benefit the health care system while the corporate world benefits through reduced absenteeism. Breastfeeding is a win-win for all. Support those you know and love in their breastfeeding efforts.

Source: WorldBreastfeedingWeek.org

STORING FRUITS AND VEGGIES



How many times have you brought fresh fruit and vegetables home from the store only to find them wilted, moldy and ready for the trash after just a couple of days? The good news is that proper preparation and storage can extend the shelf life of your fruits and vegetables. Here are a few tips to keep in mind the next time you go shopping for produce.

- Purchase only the amount of fresh produce you need and will use in about a week. Since shelf life is limited and stocking up is not recommended.
- Perforated bags are great for allowing fruit to 'breathe' during storage and maintaining humidity. Bags may be purchased or made at home by poking holes every 6 inches in both sides of a plastic bag.
- Leafy Greens: Thoroughly rinse and dry your leafy green vegetables prior to storage. Try storing in a container or bag with a paper towel to extend shelf life.
- Berries and grapes: Store fresh unwashed berries in containers. Rinse your berries as you use them to avoid early rot.
- Bananas and apples should be stored at room temperature away from other fruit as they expel gasses which may cause other fruit to ripen quickly.
- Broccoli, carrots, corn, celery: Store unwashed in perforated plastic bag
- Summer squash, zucchini, cucumber: wipe clean with damp cloth and stored in the crisper drawer.
- Potatoes, onions, tomatoes and other root vegetables should be stored in cool dry place at room temperature.

If you are unsure of how to store any produce ask your grocer, they are happy to help.

Source: Penn State College of Agricultural Sciences and mealsmatter.org

IMPORTANCE OF HYDRATION

With temperatures rising, it is imperative you drink enough water to stay hydrated. The Institute of Medicine set general recommendations for women at approximately 91 ounces of total water -- from all beverages and foods -- each day, and men an average of approximately 125 ounces daily of total water intake. You may require additional fluids during exercise or hot temperatures. When your body does not have enough water or fluids, dehydration occurs.

According to Medline Plus, a service of the National Institute of Health, here are some symptoms which may signify dehydration:

- Dry or sticky mouth
- Low or no urine output; concentrated urine appears dark yellow
- Not producing tears
- Sunken eyes
- Lethargic

Drinking fluids is usually sufficient for mild dehydration. It is better to have frequent, small amounts of fluid rather than trying to force large amounts of fluid at one time. Electrolyte solutions or freezer pops are especially effective. Sport drinks contain a lot of sugar and can cause or worsen diarrhea. Dehydration is very serious. Contact your physician if you have question about how to treat dehydration.

Source: Institute of Medicine and MedlinePlus.gov

COMPLEMENTS OF



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