



BetterSafe

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

What You Need to Know about the Measles

The measles, mumps, and rubella vaccine is recommended for children 12 months to 12 years old. It is a single shot, often given at the same doctor visit as the varicella (chickenpox) vaccine.

There is one MMR vaccine, M-M-R II, licensed in the United States.

The safety record of the MMR vaccine is good. Most children who get the vaccine do not have any problems. As with all medicine, some side effects—usually very minor—can happen. The MMR vaccine sometimes causes pain where the shot is given, fever, a mild rash, or swelling of the neck or cheek. On very rare occasions, the vaccine's ingredients cause severe (anaphylactic) allergic reactions.

In addition, the MMR vaccine has been linked with a very small risk of febrile seizures (seizures or jerking caused by fever). This happens most often in children between 12-23 months old. Febrile seizures can happen any time a child gets sick and has a fever. Most happen in children 14-18 months old. Because the risk of febrile seizures increases as infants get older, it is recommended that children get vaccinated as soon as recommended (12-15 months old for the MMR vaccine).

Other rare risks linked with MMR vaccine include joint pain, temporary arthritis, and immune thrombocytopenic purpura (ITP), a disorder that decreases the blood platelet count.

How CDC Monitors the Safety of MMR Vaccine

CDC and FDA monitor the safety of vaccines after they are licensed. Any problems detected with these vaccines will be reported to health officials, health care providers, and the public. Needed action will be taken to ensure the public's health and safety.

The CDC uses three systems to monitor vaccine safety:

1. The **Vaccine Adverse Event Reporting System (VAERS)**—an early warning system that helps CDC and FDA monitor problems following vaccination. Anyone can report suspected vaccine reactions and issues to VAERS.
2. The **Vaccine Safety Datalink (VSD)**—a collaboration between CDC and several health care organizations that allows ongoing monitoring and proactive searches of vaccine-related data.
3. The **Clinical Immunization Safety Assessment (CISA)**—a partnership between CDC and several medical centers that conduct clinical research on vaccine-associated health risks in certain groups of people.

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A Closer Look at the Safety Data

- › Two recent studies indicate that for every 10,000 children who get their first MMR and varicella vaccines as separate shots when they are 12-23 months old, about 4 will have a febrile seizure during the 5-12 days following vaccination. Children of the same age who get the combined measles, mumps, rubella and varicella (MMRV) vaccine as their first vaccine against these diseases are twice as likely to have a febrile seizure during the same time period.
- › Studies have shown that for children younger than 7 years old, there is a small increased risk of febrile seizures approximately 8 to 14 days after the MMR shot; this happens in about 1 in 3,000-4,000 children.
- › Immune thrombocytopenic purpura (ITP) is a disorder that decreases the body's ability to stop bleeding. It can happen after both natural measles infection as well as after receipt of MMR vaccine. It is usually not life threatening, however; treatment can include blood transfusion. The risk of ITP has been shown to be increased in the six weeks following an MMR vaccine, with one study estimating 1 case per 40,000 vaccinated children.
- › Joint pain is linked with the rubella portion of MMR vaccine. Joint pain and temporary arthritis happen more often after MMR vaccination in adults than in children. Females after puberty also experience this issue more often than males. Joint pain or stiffness occurs in up to 25% of females past puberty; their symptoms generally begin 1 to 3 weeks after vaccination, are usually mild and last about two days. These symptoms rarely come back.
- › Measles inclusion body encephalitis, or severe brain swelling caused by the measles virus, is a complication of getting infected with the wild measles virus. While rare,

this almost always happens in patients with low immune systems. The illness usually develops within one year after initial measles infection and has a high death rate. There have been 3 published reports of this complication happening to vaccinated people. In these cases, encephalitis developed between 4 and 9 months after the MMR shot. In one case, the measles vaccine strain was identified as the cause.

- › Signs of autism typically appear around the same time that children are recommended to receive the MMR vaccine. Some parents might worry that the vaccine causes autism. Vaccine safety experts, including experts at CDC and the American Academy of Pediatrics (AAP), agree that MMR vaccine is not responsible for increases in the number of children with autism.





Day In Day Out

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE



Anyone Can Get

SKIN CANCER

Is it true that only people with light skin get skin cancer?

No. Anyone can get skin cancer. It's more common among people with a light (fair) skin tone, but skin cancer can affect anyone. Skin cancer can affect both men and women.

How can people with dark skin get skin cancer?

Although dark skin does not burn in the sun as easily as fair skin, everyone is at risk for skin cancer. Even people who don't burn are at risk for skin cancer. It doesn't matter whether you consider your skin light, dark, or somewhere in between. You are at risk for skin cancer. Being in the sun can damage your skin. Sunlight causes damage through ultraviolet, or UV rays, (they make up just one part of sunlight). Two parts of UV, UVA and UVB, can both cause damage to skin. Also, the sun isn't the only cause of skin cancer. There are other causes. That's why skin cancer may be found in places on the body never exposed to the sun.

How can I find skin cancer early?

- Talk with your doctor if you see any changes on your skin that do not go away within one month.
- Check the skin on all surfaces of your body, even in your mouth.
- Watch for a new mole or other new growth on your skin.
- Check for changes in the appearance of an old growth on the skin or scar (especially a burn scar).
- Watch for a patch of skin that is a different color and becomes darker or changes color.
- Watch for a sore that does not heal—it may bleed or form a crust.
- Check your nails for a dark band. Check with your doctor if you see changes, such as if the dark band begins to spread.

When skin cancer is found early, it can be treated more easily.

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How can I protect myself from skin cancer?

Have your doctor check your skin if you are concerned about a change.

Your doctor may take a sample of your skin to check for cancer cells.

Ask your doctor about your risk of skin cancer:

- › Some skin conditions and certain medicines (such as some antibiotics or hormones) may make your skin more sensitive to damage from the sun.
- › Medicines or medical conditions (such as HIV) that suppress the immune system may make you more likely to develop skin cancer.
- › Having scars or skin ulcers increases your risk.
- › Exposure to a high level of arsenic (a poison that is sometimes found in well water or pesticides) increases your risk.

Stay out of the sun as much as you can. Whenever possible, avoid exposure to the sun from 10 a.m. to 4 p.m. If you work or play outside, then...

- › Try to wear long sleeves, long pants, and a hat that shades your face, ears, and neck with a brim all around.
- › Use sunscreen with a label that says it is broad spectrum or is at least SPF 15 and can filter both UVA and UVB rays.
- › Wear sunglasses that filter UV to protect your eyes and the skin around your eyes.
- › If you are concerned about having a low level of vitamin D from not being in the sun, talk with your doctor about supplements.

Don't use tanning beds, tanning booths, or sunlamps.





TakeCharge

WELCOA'S ONLINE SELF-CARE BULLETIN

High Blood Pressure & Kidney Disease



Blood pressure is the force of blood pushing against blood vessel walls as the heart pumps out blood, and high blood pressure, also called hypertension, is an increase in the amount of force that blood places on blood vessels as it moves through the body. Factors that can increase this force include higher blood volume due to extra fluid in the blood and blood vessels that are narrow, stiff, or clogged.

Blood pressure test results are written with two numbers separated by a slash. For example, a health care provider will write a blood pressure result as 120/80. A health care provider will say this blood pressure result as “120 over 80.” The top number is called the systolic pressure and represents the pressure as the heart beats and pushes blood through the blood vessels. The bottom number is called the diastolic pressure and represents the pressure as blood vessels relax between heartbeats.

Most people without chronic health conditions have a normal blood pressure if it stays below 120/80. Prehypertension is a systolic pressure of 120 to 139 or

a diastolic pressure of 80 to 89. High blood pressure is a systolic pressure of 140 or above or a diastolic pressure of 90 or above.

People should talk with their health care provider about their individual blood pressure goals and how often they should have their blood pressure checked.

What are the kidneys and what do they do?

The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of the spine. Every day, the two kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid. The urine flows from the kidneys to the bladder through tubes called ureters. The bladder stores urine. When the bladder empties, urine flows out of the body through a tube called the urethra, located at the bottom of the bladder. In men the urethra is long, while in women it is short.

Kidneys work at the microscopic level. The kidney is not one large filter. Each

kidney is made up of about a million filtering units called nephrons. Each nephron filters a small amount of blood. The nephron includes a filter, called the glomerulus, and a tubule. The nephrons work through a two-step process. The glomerulus lets fluid and waste products pass through it; however, it prevents blood cells and large molecules, mostly proteins, from passing. The filtered fluid then passes through the tubule, which sends needed minerals back to the bloodstream and removes wastes. The final product becomes urine.

How does high blood pressure affect the kidneys?

High blood pressure can damage blood vessels in the kidneys, reducing their ability to work properly. When the force of blood flow is high, blood vessels stretch so blood flows more easily. Eventually, this stretching scars and weakens blood vessels throughout the body, including those in the kidneys.

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If the kidneys' blood vessels are damaged, they may stop removing wastes and extra fluid from the body. Extra fluid in the blood vessels may then raise blood pressure even more, creating a dangerous cycle.

What are the symptoms of high blood pressure and kidney disease?

Most people with high blood pressure do not have symptoms. In rare cases, high blood pressure can cause headaches.

Kidney disease also does not have symptoms in the early stages. A person may have swelling called edema, which happens when the kidneys cannot get rid of extra fluid and salt. Edema can occur in the legs, feet, or ankles and less often in the hands or face. Once kidney function decreases further, symptoms can include:

- › appetite loss
- › nausea, vomiting
- › drowsiness or feeling tired
- › trouble concentrating
- › sleep problems
- › increased or decreased urination
- › generalized itching or numbness

- › dry skin
- › weight loss
- › darkened skin
- › muscle cramps
- › shortness of breath and/or chest pain

How are high blood pressure and kidney disease diagnosed?

A health care provider diagnoses high blood pressure when multiple blood pressure tests—often repeated over several visits to a health care provider's office—show that a systolic blood pressure is consistently above 140 or a diastolic blood pressure is consistently above 90. Health care providers measure blood pressure with a blood pressure cuff. People can also buy blood pressure cuffs at discount chain stores and drugstores to monitor their blood pressure at home.

Kidney disease is diagnosed with urine and blood tests.





To Your Health

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Sleep Deficiency

Don't be in the Dark

Sleep deprivation is a condition that occurs if you don't get enough sleep. Sleep deficiency is a broader concept. It occurs if you have one or more of the following:

- You don't get enough sleep (sleep deprivation)
- You sleep at the wrong time of day (that is, you're out of sync with your body's natural clock)
- You don't sleep well or get all of the different types of sleep that your body needs
- You have a sleep disorder that prevents you from getting enough sleep or causes poor quality sleep

Sleeping is a basic human need, like eating, drinking, and breathing. Like these other needs, sleeping is a vital part of the foundation for good health and well-being throughout your lifetime.

Sleep deficiency can lead to physical and mental health problems, injuries, loss of productivity, and even a greater risk of death.

To understand sleep deficiency, it helps to understand how sleep works and why it's important. The two basic types of sleep are rapid eye movement (REM) and non-REM.

Non-REM sleep includes what is commonly known as deep sleep or slow wave sleep. Dreaming typically occurs during REM sleep. Generally, non-REM and REM sleep occur in a regular pattern of 3–5 cycles each night.

Your ability to function and feel well while you're awake depends on whether you're getting enough total sleep and enough of each type of sleep. It also depends on whether you're sleeping at a time when your body is prepared and ready to sleep.

You have an internal "body clock" that controls when you're awake and when your body is ready for sleep. This clock typically follows a 24-hour repeating rhythm (called the circadian rhythm). The rhythm affects every cell, tissue, and organ in your body and how they work.

If you aren't getting enough sleep, are sleeping at the wrong times, or have poor quality sleep, you'll likely feel very tired during the day. You may not feel refreshed and alert when you wake up.

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The Consequences

Sleep deficiency can interfere with work, school, driving, and social functioning. You might have trouble learning, focusing, and reacting. Also, you might find it hard to judge other people's emotions and reactions. Sleep deficiency also can make you feel frustrated, cranky, or worried in social situations.

The signs and symptoms of sleep deficiency may differ between children and adults. Children who are sleep deficient might be overly active and have problems paying attention. They also might misbehave, and their school performance can suffer.

Outlook

Sleep deficiency is a common public health problem in the United States. People in all age groups report not getting enough sleep.

As part of a health survey for the Centers for Disease Control and Prevention, about 7–19 percent of adults in the United States reported not getting enough rest or sleep every day.

Nearly 40 percent of adults report falling asleep during the day without meaning to at least once a month. Also, an estimated 50 to 70 million Americans have chronic (ongoing) sleep disorders.

Sleep deficiency is linked to many chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, stroke, obesity, and depression.

Sleep deficiency also is associated with an increased risk of injury in adults, teens, and children. For example, driver sleepiness (not related to alcohol) is responsible for serious car crash injuries and death. In the elderly, sleep deficiency might be linked to an increased risk of falls and broken bones.

In addition, sleep deficiency has played a role in human errors linked to tragic accidents, such as nuclear reactor meltdowns, grounding of large ships, and aviation accidents.

A common myth is that people can learn to get by on little sleep with no negative effects. However, research shows that getting enough quality sleep at the right times is vital for mental health, physical health, quality of life, and safety.

