WELCOA
ONLINE BULLETINS

BetterSafe!
WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Don't Fear the Flu!

Learn the Facts & Protect Yourself

Scary stories about the flu are sure to get your attention. A lot of people are worried and confused when new flu viruses spread across the globe.

"Seasonal flus change slightly from year to year," explains Dr. Anthony S. Fauci, director of NIH's National Institute of Allergy and Infectious Diseases. Once your immune system encounters a virus, it learns to recognize and block it, so it won't make you sick again. Each year, seasonal influenza viruses change a little bit to evade your immune system. This slow "drifting" from year to year can go on for decades.

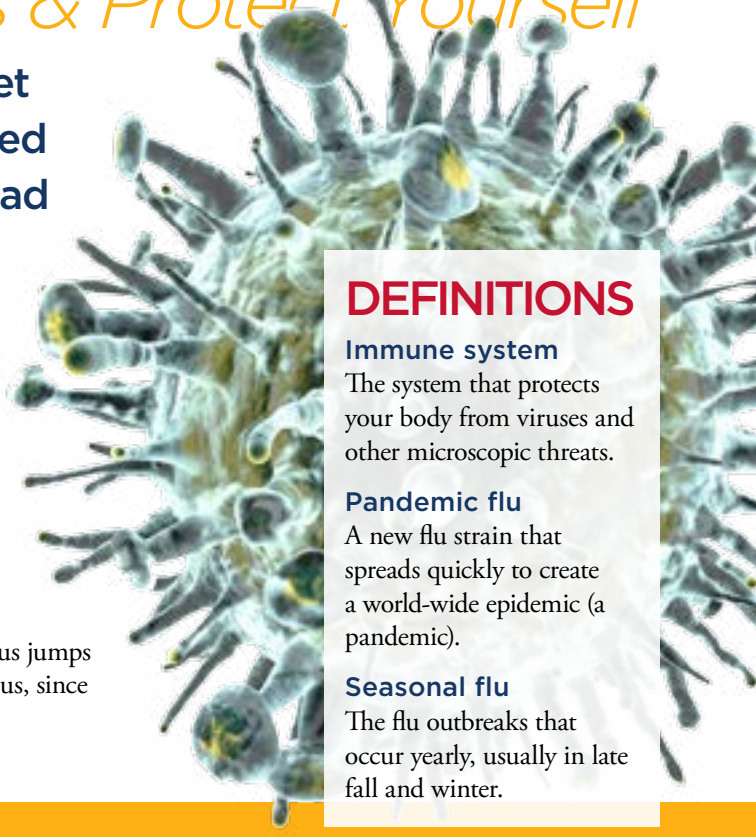
Understanding Pandemics

Pandemic flu comes rarely—only 3 times in the 20th century. Instead of a little drift, it's caused by a sudden major shift. That can happen when a virus jumps from an animal to humans. Most people have no immunity to the new virus, since our immune systems haven't seen anything like it before.

That's why it's so important for young people to get vaccinated. Vaccination is the best protection against flu. Vaccines contain pieces of viruses to "teach" your immune system to recognize and attack the real viruses as soon as they enter your body.

How Vaccinations Work

Each year, scientists look at the influenza viruses emerging at the end of the flu season. Then they begin making a vaccine, hoping to match the viruses that will emerge in full force the following fall and winter. "You can predict with accuracy about 85% of the time at the end of a given flu season what you're going to see the next flu season," Fauci says.



DEFINITIONS

Immune system
The system that protects your body from viruses and other microscopic threats.

Pandemic flu
A new flu strain that spreads quickly to create a world-wide epidemic (a pandemic).

Seasonal flu
The flu outbreaks that occur yearly, usually in late fall and winter.

The flu—or influenza—can always be deadly. Each year, the seasonal flu kills more than 36,000 people nationwide and hospitalizes 200,000.

CONTINUED
ON NEXT PAGE

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org

WELCOA
ONLINE BULLETINS

BetterSafe!

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Flu Vaccination Q & A

Who needs to get a flu shot?

According to the CDC, everyone 6 months of age and older should get the flu vaccine.

When should I get a flu shot?

Get the vaccine as soon as it is available in your area. Flu season usually peaks in January or February, but it can occur as late as May. Early immunization is the most effective, but it is not too late to get the vaccine in December, January, or beyond.

How long will the vaccination protect me?

The flu vaccine will protect you for one flu season, and is designed to protect you from the strains of flu that are expected to circulate that flu season. Except for some children and older adults, only one dose of vaccine is needed every year.

Will the vaccine protect me from all types of cold and flu viruses?

Flu vaccines will not protect against infection and illness caused by other viruses that can also cause influenza-like symptoms. There are many other viruses besides influenza that can result in influenza-like illness that spread during the flu season.

Does the flu vaccine work the same for everyone?

The flu vaccine is the single best way to prevent the flu, and vaccination is the main tool used to protect people from influenza. But, protection is never 100%, and some people can still get the flu after being vaccinated.

If you do get sick, get plenty of rest and drink clear fluids like water and soup broth. Those 5 years of age and older can take medicines such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin, Nuprin) to relieve symptoms. Don't give aspirin to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome.

If you have flu, help keep it from spreading. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after you use it. And don't go to work or school while you're sick. Stay home until at least 24 hours after you no longer have a fever (100°F or 37.8°C) without the use of a fever-reducing medicine.

WARNING SIGNS

Get medical care right away if you notice these symptoms:

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org

WELCOA
ONLINE BULLETINS

DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Organ Donation: Pass it On!

A gift with a major impact—one that will long be remembered with gratitude—takes just a bit of preparation. When you become an organ donor, you can save the lives of up to 8 people. And if you donate tissues like blood cells, bone or corneas, you can help even more.

Organ transplantation was once considered an experimental procedure with a low success rate. Many transplanted organs survived just a few days or weeks. But researchers have transformed transplant surgery from risky to routine. Each day, about 80 Americans receive a lifesaving organ transplant.

"The outcomes of transplantation are really so good these days that it truly makes a difference for the people who receive organ transplants," says Dr. Sandy Feng, a transplant surgeon at the University of California, San Francisco. "The organs are clearly lifesaving."

How You Can Help

The problem now is that there aren't enough organs to meet the demand. It's estimated that there are more than 110,000 people on the nationwide waiting list for an organ. An average of nearly 20 of them dies each day while waiting.

You can donate some organs—like a kidney or part of your liver—while you're still alive. You have 2 kidneys but really need only one. And the liver can re-grow if part of it is removed. But donating these organs requires major surgery, which carries risks. That's why living donors are often family or friends of the transplant recipient.

In addition to organs, you can donate tissues. One of the most commonly transplanted tissues is the cornea, the transparent covering over the eye. A transplanted cornea can restore sight to someone blinded by an accident, infection or disease. Donated skin tissue can be used as grafts for burn victims or for reconstruction after surgery. Donated bones can replace cancerous bones and help prevent amputation of an arm or leg. Donated veins can be used in cardiac bypass surgery.

BECOME AN ORGAN DONOR

- **Sign up as an organ and tissue donor in your state's donor registry.** Go to: www.organdonor.gov/stateMap.asp.
- **Show your choice on your driver's license.** Do this when you obtain or renew your license.
- **Tell your family about your donation decision.** Even if you've signed up, your family is consulted before organ donation.
- **Tell your physician, faith leader and friends.**
- **Prepare and sign a living will and an advance care directive.** These legal documents can clarify your choice as an organ donor.

An average of nearly 20 people die each day while waiting for an organ.

CONTINUED ON NEXT PAGE

WELCOA
ONLINE BULLETINS

DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Autumn Salad

INGREDIENTS

1 medium Granny Smith apple, sliced thinly (with skin)
2 tablespoons lemon juice
1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
½ cup dried cranberries
¼ cup walnuts, chopped
¼ cup unsalted sunflower seeds
1/3 cup low-fat raspberry vinaigrette dressing

DIRECTIONS

1. Sprinkle lemon juice on apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with 1/3 cup of raspberry vinaigrette dressing, to lightly cover the salad.

YIELD

6 servings

SERVING SIZE

1 cup

NUTRITIONAL CONTENT

Calories	138	Total Fiber	3g
Total Fat	7g	Protein	3g
Saturated Fat	1g	Carbohydrates	19g
Cholesterol	0mg	Potassium	230mg
Sodium	41mg		

Recipe Source:
Heart Healthy Home Cooking African American Style

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org

WELCOA
ONLINE BULLETINS

take CHARGE
WELCOA'S ONLINE SELF-CARE BULLETIN

Gut Feelings About Gastritis

WHEN YOUR STOMACH'S SICK

Your stomach lining has an important job. It makes acid and enzymes that help break down food so you can extract the nutrients you need. The lining also protects itself from acid damage by secreting mucus. But sometimes the lining gets inflamed and starts making less acid, enzymes and mucus. This type of inflammation is called gastritis, and it can cause long-term problems.

Got Gastritis?

Some people think they have gastritis when they have pain or an uncomfortable feeling in their upper stomach. But many other conditions can cause these symptoms. Gastritis can sometimes lead to pain, nausea and vomiting. But it often has no symptoms at all. If left untreated, though, some types of gastritis can lead to ulcers (sores in the stomach lining) or even stomach cancer.

Dispelling Myths

People used to think gastritis and ulcers were caused by stress and spicy foods. But research studies show that bacteria called Helicobacter pylori (H. pylori) are often to blame. Usually, these bacteria cause no symptoms. In the United States, 20% to 50% of the population may be infected with H. pylori.

H. pylori breaks down the inner protective coating in some people's stomachs and causes inflammation. "I tell people H. pylori is like having termites in your stomach," says Dr. David Graham, an expert in digestive diseases at Baylor College of Medicine in Texas. "You usually don't know you have termites until someone tells you, and you ignore it at your own risk." H. pylori can spread by passing from person to person or through contaminated food or water. Infections can be treated with bacteria-killing drugs called antibiotics.

One type of gastritis, called erosive gastritis, wears away the stomach lining. The most common cause of erosive gastritis is long-term use of medications called non-steroidal anti-inflammatory drugs. These include aspirin and ibuprofen. "When you stop taking the drugs, the condition usually goes away," says Graham. Doctors might also recommend reducing the dose or switching to another class of pain medication.

Less common causes of gastritis include certain digestive disorders (such as Crohn's disease) and autoimmune disorders, in which the body's protective immune cells mistakenly attack healthy cells in the stomach lining.

CONTINUED
ON NEXT PAGE

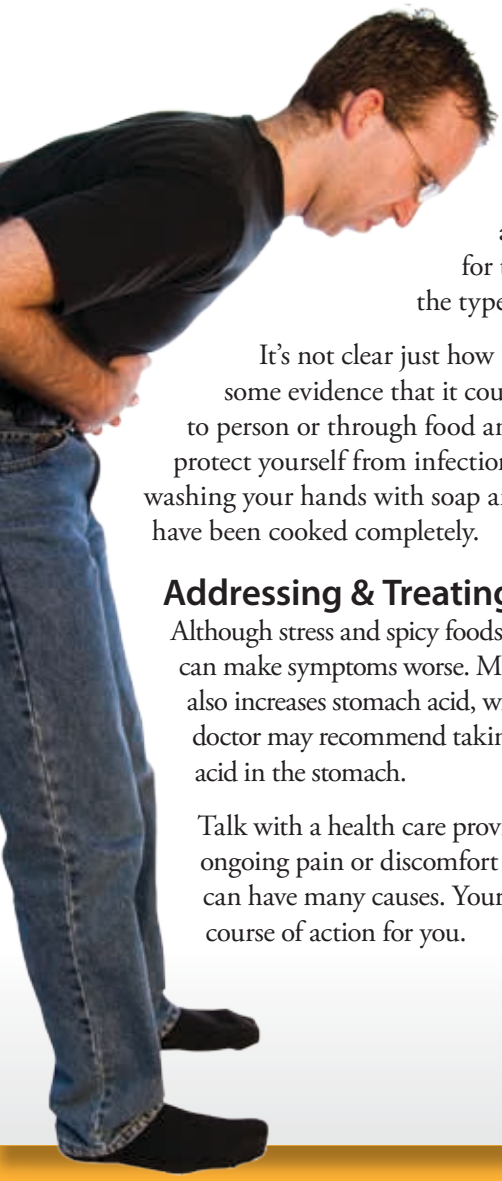
Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org

WELCOA
ONLINE BULLETINS

take CHARGE
WELCOA'S ONLINE SELF-CARE BULLETIN

Sick Feeling in Your Stomach?

TREATING & PREVENTING GASTRITIS



Gastritis can be diagnosed with an endoscope, a thin tube with a tiny camera on the end, which is inserted through the patient's mouth or nose and into the stomach. The doctor will look at the stomach lining and may also remove some tissue samples for testing. Treatment will depend on the type of gastritis you have.

It's not clear just how H. pylori spreads, but there's some evidence that it could be transmitted from person to person or through food and water. You can take steps to protect yourself from infections, such as H. pylori, by frequently washing your hands with soap and water and by eating foods that have been cooked completely.

Addressing & Treating Your Symptoms

Although stress and spicy foods don't cause gastritis and ulcers, they can make symptoms worse. Milk might provide brief relief, but it also increases stomach acid, which can worsen symptoms. Your doctor may recommend taking antacids or other drugs to reduce acid in the stomach.

Talk with a health care provider if you're concerned about ongoing pain or discomfort in your stomach. These symptoms can have many causes. Your doctor can help determine the best course of action for you.

WATCH FOR ULCERS

Gastritis can lead to ulcers over time. Symptoms of ulcers include pain between the belly button and breastbone that:

- starts between meals or during the night
- briefly stops if you eat or take antacids
- lasts for minutes to hours
- comes and goes for several days or weeks

Contact your doctor right away if you have:

- sudden sharp stomach pain that doesn't go away
- black or bloody stools
- vomit that is bloody or looks like coffee grounds

YOU CAN TAKE STEPS TO PROTECT YOURSELF BY FREQUENTLY WASHING YOUR HANDS WITH SOAP AND WATER AND BY EATING FOODS THAT HAVE BEEN COOKED COMPLETELY.

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org

WELCOA
ONLINE BULLETINS

To Your HEALTH
WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Time to Get Moving

You're Never Too Old to Be Active

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 25% of those between the ages of 65 and 74 and 11% of people age 85 and older.

Exercise Recommendations for Older Adults

Experts recommend 4 types of exercise for older adults: endurance, balance, strength and flexibility.

1. Endurance exercise includes brisk walking and dancing and improves the health of your heart, lungs and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs and do other daily activities.
2. Balance exercises can help prevent falls—a major health risk for older adults.
3. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren.
4. Stretching, or flexibility exercises can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

"Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

CONTINUED ON NEXT PAGE

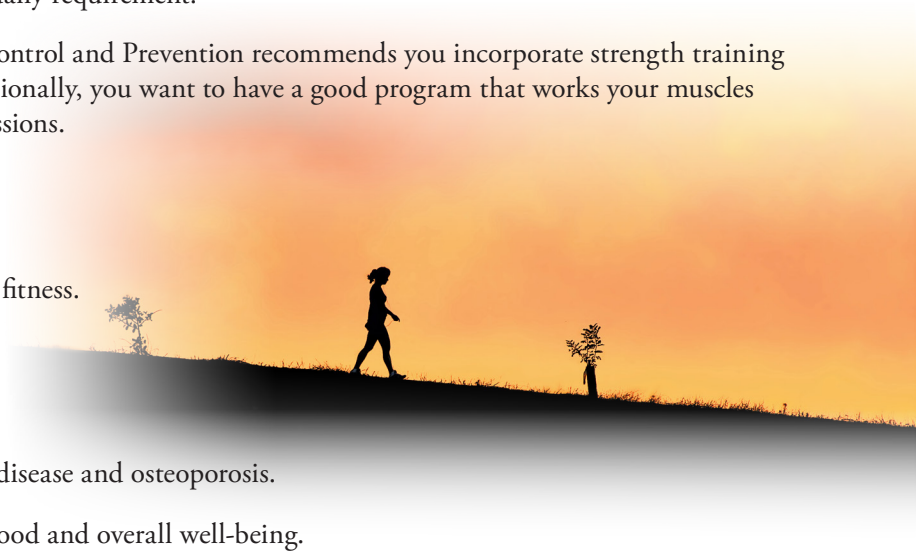
WELCOA
ONLINE BULLETINS

To Your HEALTH
WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Stay Active as You Get Older!

Experts note that older adults can indeed exercise safely, even those who have physical limitations. To realize the numerous benefits of physical activity it's recommended that adults get 2.5 hours of moderate-intensity physical activity (i.e., brisk walking) a week. That's 30 minutes a day five days a week. It's also OK to break that time into increments. For example, you could take three 10-minute walks a day to meet your daily requirement.

To realize its many benefits, the Centers for Disease Control and Prevention recommends you incorporate strength training into your routine two to three times each week. Additionally, you want to have a good program that works your muscles without overdoing it—so shoot for 15 to 30 minute sessions.



Benefits of Exercise

Exercise and physical activity can help you:

- Maintain and improve your physical strength and fitness.
- Improve your ability to do everyday things.
- Improve your balance.
- Manage and improve diseases like diabetes, heart disease and osteoporosis.
- Reduce feelings of depression and may improve mood and overall well-being.
- Improve your ability to shift quickly between tasks, plan an activity and ignore irrelevant information.

IT'S ALL ABOUT BALANCE

Believe it or not, your natural ability to balance your body (when standing or moving) begins to decline after the age of 25! How fast it declines depends upon how much you move your body and practice balancing. By practicing balance training, you can keep this necessary skill in peak shape.

Try this Move

Here's a great simple move to help you improve your balance. The best part is, you can do this while on break at work, in the office, or even when combing your hair!

- ✓ Standing tall and upright with your feet together, place your hands on your hips.
- ✓ When you are ready, raise the right knee up, towards your waist-line, while maintaining balance on the left standing leg.
- ✓ Next, place your right foot near the inside of your left knee and hold.
- ✓ Next, raise up on the ball of the standing left foot and raise both arms out to the side, raising your arms and hands to shoulder level.
- ✓ Try to maintain balance for up to 30 seconds.

Repeat these steps, three times on each leg.

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org