

August 2018

Five Important Reasons to Immunize Your Child

1. **Immunizations can save your child's life.** Because of advances in medical science, your child can be protected against more diseases than ever before. Some diseases that once injured or killed thousands of children have been eliminated completely and others are close to being gone – primarily due to safe and effective vaccines. One example of the great impact vaccines can have is the eradication of polio in the United States. Polio was once America's most-feared disease causing death and paralysis across the country but today, thanks to vaccination, there are no reports of polio in the United States.
2. **Vaccination is safe and effective.** All vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. The most comprehensive scientific studies and reviews have not found a link between vaccines and autism. Groups of experts, including the American Academy of Pediatrics, the Institute of Medicine (IOM), the National Institute of Health (NIH), the Centers for Disease Control and Prevention (CDC) and other federal agencies also agree that vaccines are not responsible for the number of children now recognized to have autism.
3. **Immunization protects others you care about.** Serious vaccine-preventable diseases still occur. Unfortunately, some babies are too young to be completely vaccinated and some people may not be able to receive vaccinations due to allergies, illness, weakened immune systems, or other reasons. To help keep these individuals safe, it is important that you and your children who are able to get vaccinated are fully immunized. This not only protects your family, but also helps prevent the spread of these diseases to your friends and loved ones.
4. **Immunizations can save your family time and money.** A child with a vaccine-preventable disease can be kept out of schools or daycare facilities. A prolonged illness can take a financial toll because of lost time at work, medical bills, or long-term disability care. In comparison, getting vaccinated against these diseases is a good investment and usually covered by insurance. The Vaccines for Children program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. To find out more about the VFC program, visit, <http://www.cdc.gov/vaccines/programs/vfc/> or ask your child's healthcare provider.
5. **Immunization protects future generations.** Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations before. For example, smallpox vaccination helped eradicate that disease world wide. Your children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and measles won't infect, cripple, or kill children.

Resource

CDC. (n.d.). *Five important reasons to immunize your child.*

<https://www.cdc.gov/media/subtopic/matte/pdf/CDCFiveReasonstoVaccinateYourChild.pdf>

September 2018

Tip to Reduce Stress and Anxiety

Spending time outside will help reduce stress and anxiety, the American Heart Association says. It may also boost feelings of happiness and improve your mood, the AHA says.

Here's its take on how a walk in the woods can help tame a few of life's stresses:

- The hustle and bustle of an urban environment invites stress and anxiety. By escaping to nature, you can calm your nerves with quiet sounds and serenity.
- Research shows that a 90-minute nature walk lowers activity in the part of the brain linked to negative thoughts.
- A change of scenery can help stir up creativity and offer inspiration that cannot be derived from being indoors.
- Time spent outdoors may boost a sense of belonging to the wider world, which is important for mental health.

Resource

Health Day. (2018, October 03). *Health tip: spend time outside to reduce stress and anxiety.*

Retrieved from

<https://consumer.healthday.com/disabilities-information-11/mental-illness-and-retardation-news-474/health-tip-spend-time-outside-to-reduce-stress-and-anxiety-737908.html>

October 2018

5 Dental Care Tips to Improve Your Teeth

Taking care of your teeth is important to your health, and not just your oral health but your overall general health as well. Keep your teeth strong, your smile bright, and stay healthy with these dental care tips!



1) Brush and Floss Twice a Day

While you should brush at least once a day, twice a day is best! The best time to brush is after you eat a meal, and you should also floss at the same time. You need to brush your teeth for at least 2 minutes, making sure to cover all of your teeth.

2) Drink Lots of Water

Water is not only important for your overall health, but it encourages saliva production which is important for healthy teeth. Water is also much healthier and better for your teeth than sugary drinks and sodas. Over time, bacteria on your teeth use sugar to create plaque, which if not dealt with will cause teeth decay!

3) Avoid Sugary Foods

You should not only pay attention to sugar in drinks, but also in the foods you eat. Try to avoid eating a lot of sugary foods and candy. If you do eat a lot of sugar, make sure you brush your teeth well after eating. Sugar greatly increases the amount of plaque on your teeth, and if you have a sweet tooth it's important to be even more conscious about how well you brush your teeth.

4) Get Regular Calcium and Vitamin D

Calcium is important to having strong teeth and dense bones. You can get a regular source of calcium from dairy products and nuts. To absorb calcium your body needs Vitamin D, so make sure you are going outside and getting a good amount of sunlight every day.

5) See A Dentist Every 6 Months!

Most importantly, make sure you are visiting a dentist regularly! Dentists can thoroughly clean your teeth, and check for cavities, plaque and any other dental issues that need to be addressed.

Resource

Beavers Dentistry. (2015, February 18). *5 Dental care tips - Beavers Caring Family Dentistry*.

Retrieved from <https://www.beaversdentistry.com/blog/5-dental-care-tips>

November 2018

8 Tips for Staying Healthy During the Winter Season

Ah, winter. Cuddling up by the fireplace. Drinking soothing hot chocolate. Laughing with friends and family over your favorite movie. Watching the snowflakes fall while cooking your favorite comfort foods. Even the thought of wintertime can warm your heart and bring music to your ears.

The last sound you want to hear, however, is ah-choo! Staying healthy during the winter season is the first step to ensuring that you can enjoy all that winter has to offer.

1. Wash your hands frequently.

Lucky for us, the most well-known method of staying healthy during the winter season is still one of the best ways: washing your hands with soap and water. According to the Centers for Disease Control and Prevention, germs can get on your hands from a variety of sources. [Washing them often](#) will rid your hands of the germs and help you protect yourself from respiratory infections and viruses.

2. Sanitize your surroundings.

In addition to washing your hands, if you know people around you are under the weather, wiping down surfaces will help kill the germs.

3. Bundle up.

Staying healthy during the winter season is about more than avoiding a cold or flu. It's also about protecting your body. When you're outdoors, be sure to bundle up. Wear a coat, put on a hat, pull on those boots, and use a scarf to protect your face. Although they are often taken for granted, those gloves are extremely important when it comes to protecting your fingers from frostbite, and they hold in heat in general to keep your body warmer.

4. Get a flu shot.

Flu season seems to come around every day. Flu strains are constantly adapting to medical safeguards, so getting vaccinated with the proper flu vaccine can greatly increase a senior's ability to fight off or recover from the flu. Safeguarding against the flu is especially important for those who have recently been hospitalized or are on medications that weaken the body's immune system.

5. Stay active.

[Staying active](#) will help promote bone and muscle health, control weight, and improve sleep patterns, leading to an overall healthier lifestyle throughout the year. And the stronger you are in general, the stronger your body will be to fight off illnesses – or recover in case you get sick despite your best efforts to avoid it.

6. Make time for downtime.

Although it sounds like they are contradictory, making time for downtime is just as important as staying active. Your body (and mind, by the way) needs time to regroup through relaxation and the appropriate amount of sleep. Lack of sleep

alone can make you feel sick, as many of us know firsthand. So help your body protect itself by giving it a break. It can only do so much for you.

7. Eat healthy.

A healthy diet strengthens the immune system, helping the body resist viruses or infection. Your body needs antioxidants and vitamins to stay healthy. [According to the Daily Burn website](#), some of the foods and spices that provide your body with what it needs to fight off illnesses are garlic, sweet potatoes, turmeric, dark leafy greens, and, as you may have guessed, chicken soup.

8. See your doctor.

Because every senior is different, talk with your doctor about how you, specifically, can stay healthy during the winter season. Taking extra precautions to protect yourself from illnesses is the best way to ensure that you can enjoy all the things you look forward to doing during the season.

Reference

Waltonwood. (2017, November 6). 8 Tips for Staying Healthy During the Winter Season.

Retrieved from

<https://www.waltonwood.com/blog/8-tips-for-staying-healthy-during-the-winter-season>

December 2018

12 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Reference

CDC. (2017, December 04). CDC Features. Retrieved from <https://www.cdc.gov/features/healthytips/index.html>