



Better Safe!

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

Q&A With Dr. Donnica: "Flu Vaccine"

Q: *I've heard a lot about the flu vaccine, but I was never clear on whether I should get vaccinated or not. Who should get this shot?*

A: In my opinion, anyone who wants to resist the flu should get vaccinated, unless they're allergic to eggs! Vaccines can prevent infection in seven to nine out of 10 healthy people under 65 years old and in 30 percent of nursing home residents. Yet only about one in three people under 65 and two out of three people over age 65 get vaccinated.

For more information on the flu vaccine, and the recommended guidelines for vaccination, go out to <http://familydoctor.org/x2084.xml>.

Source: American Academy of Family Physicians & The American Diabetes Association



A Cold vs The Flu

By Donnica L. Moore, MD

Colds are a nuisance, but they generally don't interrupt our work or activities.

The "flu" is actually a highly contagious, systemic viral infection by one of many strains of the influenza virus. The flu not only infects the nose, throat, and lungs, but its' symptoms can affect the whole body.

There are 40-90 million cases of influenza reported in the US each year. Nearly 110,000 Americans will be hospitalized with flu complications this coming year.

Business productivity drastically drops due to flu sick time. Total costs, including time lost from work, etc., exceed \$14 billion—all in the four month "influenza season." It results in 69 million lost days from work and 39 million lost days from school for children. Yet we commonly ignore the seriousness of this illness, brushing it off with a casual, "Oh, it's just the flu."



How Can You Tell If It's A Cold Or The Flu?

	Symptoms Of A Cold	Symptoms Of The Flu
Onset	gradual	sudden
Fever	rare	high (over 101° F); lasts 3-4 days
Cough	hacking	nonproductive; can become severe
Headache	rare	prominent
Muscle Aches	slight	characteristic; can be severe
Fatigue/Weakness	very mild	early and prominent
Extreme Exhaustion	rare	can last 2-3 weeks
Chest Discomfort	mild to moderate	common
Stuffy Nose	very common	sometimes
Sneezing	very common	sometimes
Sore Throat	very common	sometimes





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Exercise Prescription For Those Over 45

By David Gobble, PhD

You live in a culture that minimizes the need to be physically active. As a result, you may have more health-related problems earlier in life, and you may die before your biologically programmed time. You might already be feeling some of the symptoms of this issue in your life; tiredness just getting through the day; shortness of breath upon climbing stairs or walking any distance; stiffness and inflexibility when you have to move about in any way out of the ordinary; and difficulty lifting or moving objects that weigh more than a few pounds. If I have described you in any way, then you need to begin to pay more attention to your body as it is aging too fast, and you may die too young.



Meeting Your Exercise Needs For The Rest Of Your Life

Any age appropriate exercise program must balance your need for strength, endurance and flexibility. You may be better or worse off in any one of these areas, so more emphasis might be needed for you to meet your aging physical needs. However, balance between these three is essential for you to work to your potential, have the physical coping ability to meet all of life's challenges, and reduce your risk of disease and death.

You Know You Need To Focus Attention On Your Physical Exercise Needs When...

- ➔ *You have trouble lifting common things at work or at home.*
- ➔ *You avoid walking and other exercise.*
- ➔ *You have trouble moving through a wide range of twisting or stretching.*

Creating The Right Exercise Program For Your Age

These basic activities will start you on your way toward a more robust life and increase the probability that you will live longer and with less illness.

Your New Active Exercise Lifestyle

- **Start by walking every day.** *Walk 5-10 minutes each time, working up to a total of 40-60 minutes per day.*
- **Begin a resistance (weight) training program.** *Exercise your major muscle groups: back, hips, legs, arms, and shoulders. Do repetitions of 8-12 exercises per muscle group, building strength over a three-month period.*
- **Wait one day before repeating exercises for each muscle group.** *For example, one day use weights on your upper body and the next day do the lower body. Keep this pattern for a healthy strong body.*
- **Incorporate stretching into your daily routine.** *Stretch all your major joints and muscle groups, and you will increase your strength and improve your balance.*



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