

Monthly Wellness News

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June emphasis is on Men's Health!

According to a 2001 CDC report, women are 33% more likely than men to visit a doctor in general, although the gap narrows with increasing age. The Men's Health Network (MHN) reports that men die at higher rates than women from the top 10 causes of death - heart disease, cancer, stroke, chronic obstructive pulmonary disease, accidents, pneumonia and influenza, diabetes, suicide, kidney disease, and chronic liver disease and cirrhosis.



Men also die younger than women. In 1920, women outlived men only by one year. Today, CDC figures show the life expectancy gap has widened: On average, women survive men by over five years.

"Any human being who is not connected to a physician to screen for major health problems is at greater risk (of disease and death)," says Jean Bonhomme, MD, MPH, a board member of the MHN.

"The biggest problem that men have is not so much a specific disease," says Bonhomme, "but the diseases are the result of lack of health care monitoring earlier in life." He cites the progression of heart disease as an example: "If you don't get your cholesterol checked when it's going high when you're 20, and if don't get your blood pressure checked when it's going high when you're 30, maybe your blood sugar's getting a little high when you're 40, what do you think is going to happen when you're 50?"



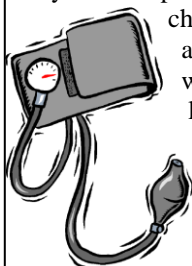
Bonhomme places part of the blame on society in general, which expects boys to be tough and ignore pain. As people get older, however, the rules change. A little pain can get worse, or signal something more serious going on in the body.

Many of the top 10 causes of death are preventable, and can be treated, if found early. To help men better their health, WebMD examined the risk factors for five of the biggest killers of men: heart disease, stroke, suicide, prostate cancer, and lung cancer. We asked the experts why men were so vulnerable to these ailments and what they could do to reduce their risk of disease and death. Please see page 2 for this important information.

**We know this month's newsletter is a little long, but...
Men's Health is such an important and often overlooked subject
that we have filled 2 pages with vital information
for you or for the men in your life!**

If you missed previous issues of this informative newsletter, you may access them at www.SHOTSetc.com.
Please feel free to contact us at info@SHOTSetc.com with any questions or comments about the information you see here or with suggestions for future articles to be included in this newsletter!

Many employers already have at least one program in place to help keep their employees healthy! In fact, that is how you are receiving this newsletter! Most likely, your employer contracted **SHOTS, etc.** last fall to provide flu shots to protect you from influenza! Their concern for your overall health continues year-round with this newsletter and the monthly Employee Wellness Clinics that are offered at your workplace. What can YOU get from the Employee Wellness Clinic? Have your blood pressure checked FREE on a regular basis! Pick up some new information about vaccines that we all need to stay healthy! Ask the nurse to give you details on vaccines you may need when traveling outside the U.S. Have simple screening blood tests such as thyroid levels, cholesterol/triglycerides, kidney/liver function or red and white blood cell counts performed at your location with results phoned to you confidentially the next day.



Take advantage of having a licensed/registered nurse visit you at work every month to help you stay healthy! **And be sure to thank your manager or HR Director for this "free perk" that shows they care about you!**

Inside This Issue

Men's TOP 5 Health Concerns

When was your last Tetanus shot? We ALL need one!

Protect your kids at camp & when playing sports!

Free Vitamin B12 Injections for YOU!

Do you remember when you had your last Tetanus shot?

If you can't remember when it was, you probably need another one!

Did you know you can get Tetanus from just playing with your pet?

Tetanus is found in its intestinal system as well as in mulch, soil and most surfaces.



Did you know you can die in as little as 3 days from Tetanus (lockjaw)?

EVERYONE needs a booster dose every 10 years beginning at adolescence!

Special note to NEW PARENTS, EXPECTANT PARENTS AND PARENTS OF TEENS:

New and expectant parents, grandparents and caregivers of infants should receive the Tetanus/Diphtheria booster that also contains pertussis (whooping cough) protection.

This is vital to prevent YOU from giving deadly pertussis to your baby before his/her immunity is established. Protect your babies by protecting yourself!



If your adolescent child is due for their booster (it should have been given between 10 and 12 yrs. of age), be sure to give them the booster that also contains Pertussis vaccine. Experts now say that the Pertussis protection they received as infants in their DPT shots appears to wear off by adolescence. Pertussis is very infectious and the incidence in middle-school aged children is very high.

Pertussis can even be deadly in some cases, so it is very important to be sure your child is protected.

SHOTS, etc. administers ADACEL to protect against Tetanus/Diphtheria/Pertussis infection.



Traveling to Mexico?

Taking a Luxurious Cruise?

Going Anywhere Outside the U.S.?

Certain vaccines are recommended by the CDC for ALL TRAVELERS!

We can save you hundreds of \$\$ on the vaccines you need to stay healthy!

The CDC encourages certain people who are traveling outside of the U.S. this year to get a TB skin test 8-10 weeks after their return. This includes those spending a year or more outside of the U.S., anyone working in prisons, refugee camps, homeless shelters, orphanages or around people with known TB.

5 Things You May Not Know About Vitamin B12...

- Vitamin B-12 is necessary for your brain to function.
- People who take Metformin (glucophage) do not absorb any Vitamin B-12 from tablet supplements.
- Gastric bypass surgery prevents absorption of many essential nutrients from the stomach and intestines; many patients need to take B-12 injections monthly.
- New evidence supports that brain atrophy in Alzheimer's patients may be due to Vit. B-12 deficit.
- Red meat is the most significant dietary source of Vitamin B-12. Unless you eat 4-5 servings per week, you're not getting enough. Vegetarians beware!

A FREE VITAMIN B-12 INJECTION...JUST FOR YOU!

If you have never tried a Vitamin B-12 injection, now is the time to "give it a shot!" Many people who take Vitamin B-12 injections on a regular basis report they have more energy, healthier immune systems, better sleep, less allergies, stress, depression and headaches. And here is a "happy" just for you! If you are participating in our monthly Vitamin B-12 program, you will receive your Vitamin B-12 shot FREE in your birthday month! Just show us your ID...and Happy Birthday to YOU!

Men's Top 5 Health Concerns

Men die at higher rates than women for all of the top 10 causes of death.
Why don't men take better care of their health?

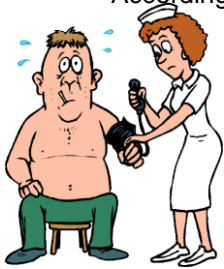
Heart Disease

Although heart disease is the leading killer of both men and women, almost twice as many males die of conditions that affect the cardiovascular system, the MHN reports.

According to the CDC, one in four men has some form of heart disease. It is the leading cause of death. The average age of a person having a first heart attack is 65.8 for men and 70.4 for women.

"For men, heart disease begins to manifest itself about 10 years earlier than women," says Gregory Burke, MD, professor and chairman of the department of public health sciences at the Wake Forest University School of Medicine.

According to the American Heart Association (AHA), risk factors for heart disease include:



Increasing age
Male gender
Family history and race
Smoking
High blood cholesterol
High blood pressure
Physical inactivity
Obesity and overweight
Diabetes



Some things, such as your age and sex, obviously cannot be controlled, but modifying your lifestyle to eat right and exercise can reduce your risk of heart disease.

Stroke

Stroke is the third leading killer in the country, after heart disease and all forms of cancer. The incidence rate of stroke is 1.25 times greater in men than in women, although there is really no difference between the sexes as people get older, according to the American Stroke Association.

"We know that a very important risk factor for stroke is hypertension (high blood pressure). The control of hypertension is a crucial factor to try to prevent the onset of stroke," says Burke.

Other risk factors include:



Increasing age
Race. African-Americans have a greater risk than Caucasians.
Gender. Stroke is more common in men than in women until age 75.
Personal history of stroke or a transient ischemic attack (TIA, or ministroke)



Diabetes
High cholesterol
Heart disease
Smoking, including secondhand smoke
Physical inactivity
Obesity
Alcohol and substance abuse



Suicide and Depression

Men are four times more likely to commit suicide compared to women, reports the MHN, which attributes part of the blame on under-diagnosed depression in men.

According to the National Institute of Mental Health, more than 6 million men have depression each year. Pollack believes the number of males with depression could be even greater since men may show signs of depression in a manner different from many women.

Instead of sadness, symptoms of depression in men may include anger, aggression, work "burnout", risk-taking behavior, midlife crisis, alcohol and substance abuse.

To help men with depression and to reduce the risk of suicide, doctors, loved ones, and men themselves need to recognize that society's model of masculinity -- to ignore pain --can work against men. Looking the other way may trigger depression and thoughts of suicide.

Lung Cancer

Lung cancer is the leading cancer killer of both men and women, claiming more lives than prostate, colon, and breast cancer combined. In men, there are expected to be about 213,380 new cases of lung cancer and some 160,390 lung cancer deaths this year.

The good news is that rate of new lung cancer cases has been dropping since the 1980s, and deaths from the cancer have fallen since the 1990s because of the drop in the prevalence of the use of tobacco products that followed the Surgeon General's report in 1964.

Besides smoking, the ACS lists secondhand smoke, exposure to asbestos or radon, personal history and air pollution as risk factors for lung cancer.

Tobacco products are responsible for 90% of lung cancer, which puts the weight of prevention efforts on smoking cessation.



If you're thinking about kicking the habit, the following resources are available:

American Cancer Society: (800) ACS-2345

National Cancer Institute Smoking Quit line: (877) 44U-QUIT



According to the National Institute on Aging, as soon as you stop smoking, your chances of getting cancer from smoking begins to shrink, and you can prevent further damage to your lungs.

Prostate Cancer

Prostate cancer is the most common cancer found in men. It is the second leading type of cancer death in men, after lung cancer. There is not enough known about what causes prostate cancer and how to prevent it. Yet the disease is treatable if found in early stages. This can be a challenge, since prostate cancer can show no symptoms until it has spread to other parts of the body.

The American Cancer Society (ACS) recommends a blood test called prostate-specific antigen (PSA) and digital rectal exam be offered annually for healthy men starting at age 50 or older. Men who are at high risk -- such as those who have family history of prostate cancer or who are black -- should begin testing earlier.

According to the ACS, other risk factors for prostate cancer include increasing age, nationality and high fat diet. Prostate cancer is most common in North America and Northwestern Europe. Men who eat a lot of red meat and high-fat dairy products and not enough fruits and vegetables may have a higher risk.

Although older age is a risk factor for prostate cancer, younger men should not be complacent. Thirty percent of prostate cancers occur in men under age 65. "The younger a man is, the more aggressive the tumor is," says Stephen F. Sener, MD, ACS president. ****The above info on Men's Health was excerpted from articles found at www.webmd.com.***

Summer is officially underway! And one of the sure signs is that our children are out of school and are already deep into sports and other summer activities! As parents, we must be sure that in the middle of all of this fun that they are well protected...not only with the proper equipment that fits correctly, but also that they are up-to-date on the vaccinations they need to stay healthy while participating in these activities. There are two vaccinations of special importance for adolescents participating in sports activities or summer camp of any kind! Between ages 10 and 12 yrs old, they should receive a Tetanus/Diphtheria/Pertussis booster. Pertussis is also known as "whooping cough" and the experts now say that the series of DPT shots they received as infants have probably worn off. Pertussis is very infectious and the incidence in middle-school aged children is very high. Pertussis can even be deadly in some cases, so it is very important to check with your pediatrician to see if your child is protected. At age 11, they also should have a vaccination to prevent meningitis, a sometimes deadly inflammation of the brain that is spread by living in close quarters, kissing, sharing eating utensils and food and drink. For detailed information about these and other vaccines for adolescents, visit the "Vaccines Available" page at www.SHOTSetc.com. SHOTS, etc. provides all vaccinations recommended for adolescents and adults.

