



August 2016

August: National Immunization Awareness Month

Many parents choose to delay or skip vaccination shots for their kids. Here are some reasons why vaccination is still important and the truth about some common vaccination myths:



- Vaccines protect against many serious or even deadly diseases such as measles, polio and pertussis (whooping cough).
- It may seem these diseases are rare or do not even exist anymore – that is because the vaccines are working! These diseases are still common in parts of the world where vaccines are not available or used.
- When germs enter our body, they multiply and attack us causing **infection**. The body's immune system works to fight off the infection. This leaves us with a supply of cells that protect us against that disease in the future. This is called **immunity**.
- Vaccines help the body develop immunity against dangerous diseases by "imitating" an infection. You get the protection without actually getting the disease!
- Yes, vaccines can cause side effects but these are almost always mild. Examples include: a low-grade fever, soreness at the injection site, temporary headaches, and fatigue.
- Yes, a natural infection might provide better immunity than vaccination. But this strategy comes with some very serious risks. Chickenpox can lead to pneumonia, mumps can result in deafness, and polio can leave a person paralyzed for life.
- There is no scientific evidence that the very small amounts of mercury, aluminum and formaldehyde used in vaccines can be harmful.

- **Vaccines do not cause autism.** The original research article that suggested the connection between the measles, mumps and rubella (MMR) vaccine and autism has been proven false and the doctor who wrote it lost his medical license. All other major studies have found **NO** link. See: <http://www.pbs.org/wgbh/nova/body/autism-vaccine-myth.html>
- Why should your child be fully vaccinated? 1) It protects them from possibly serious diseases. 2) It prevents them from transmitting these diseases to children who are too young to be vaccinated or to those who can't be vaccinated due to other medical reasons. When a lot of people in a community are vaccinated ("herd immunity") it makes it harder for the disease to spread.
- As the new school year approaches, it is a great time to make sure your children are current on all their vaccinations. Get information from the CDC about vaccination schedules: <https://www.cdc.gov/vaccines/schedules/>
- If you do decide to delay or reject any vaccinations, it is **very important** that you tell this to all healthcare providers when your child is ill, when you call 911, go to the ER, or visit the doctor's office so steps can be taken to protect the health of your child and others that may be around them.



Tech Corner

Vaccines on the Go: What You Should Know

By: The Children's Hospital of Philadelphia

- ♦ It is easier than ever to get health information
- ♦ Sometimes, however, it's difficult to weed out the "bad" information (which is not based on science) from the "good" information (which is scientifically accurate).
- ♦ This is especially true for vaccines. This app can help!

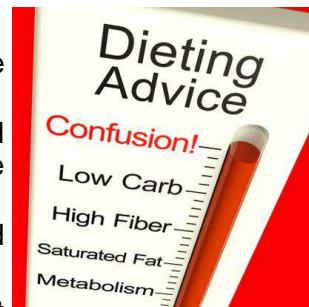
<https://itunes.apple.com/us/app/vaccines-on-go-what-you-should/id692759940?mt=8>

<https://play.google.com/store/apps/details?id=edu.chop.vec>

Healthy Eating

Do you ever feel frustrated because the dietary advice you read and hear seems to always be changing? The truth is that the main principles of what makes for healthy eating have not changed as much as you might think. But sometimes there are changes in what experts suggest. Here are some examples:

- ▶ We've been told to eat a low-fat diet. The new advice is to eat healthy fats.
 - Low or no fat versions of foods like ice cream and crackers can have the same number of calories as the original version – and more sugar.
 - There are some types of fat – found in foods like nuts, avocado, olive oil and seafood that are beneficial and even good for our hearts! So include these sources of fat.
 - Avoid trans-fats (man-made, hydrogenated fats) completely and limit saturated fat from sources like baked goods, butter, whole-milk products, and meat.
- ▶ You've heard you should eat five to nine servings of fruits and veggies per day. But what counts as a serving? And keeping count of servings is a pain... here is the new thinking:
 - Have fruit or veggies at every meal or snack.
 - Brightly colored veggies and greens should make up half of what is on your plate.
 - Choose fresh or unsweetened frozen fruits over canned ones.



Easy Eggplant Stir Fry

Here is a quick and easy vegetarian option that uses lots of summertime vegetables.

Serves 4: Calories 230 | Saturated Fat 0g | Sodium 90mg | Protein 6 g

Ingredients

- 2 eggplants, peeled and cubed
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut into strips
- 2 onions, sliced
- 3 Tbsp low fat Italian salad dressing
- 2 cups cherry tomatoes
- 2 cups brown rice, cooked



Directions

- 1) Place eggplant, zucchini, green bell pepper, onions, and salad dressing into a skillet.
- 2) Stir lightly to combine and cook over low heat until tender.
- 3) Stir in cherry tomatoes and cook for 3-5 minutes.
- 4) Serve over cooked brown rice.

Fit Tip

The popularity of activity trackers, electronic devices people wear to keep tabs on everything from the number of steps they take to how well they sleep, is growing rapidly. The question is: how accurate are they? Here is a summary of several studies:

- ◆ Wrist worn trackers have a tendency to overestimate steps. Devices that clip on are more accurate. Also, some brands tend to overestimate total distance if the wearer walks slowly, and underestimate it if they walk at faster speeds.
- ◆ When it comes to calories being burned, one study which tested eight different brands of trackers found their calorie estimates to be within 10-15 percent of the actual calories people used. Another study found this range in accuracy to be 13 – 60 percent.
- ◆ So while a device may not be absolutely accurate, they should provide repeatable results. This means if you do the same activity again and again, you should be able to track progress.
- ◆ Accuracy can be improved by wearing the device in the same place each time and being sure information like height and weight are entered correctly when you set-up the device.
- ◆ And “studies show that people are 30-40 percent more active when they use activity trackers”.
- ◆ But be sure you don't become a slave to your tracker. At least one study has shown that while measuring our activity can indeed lead us to do more, it can also cause us to enjoy doing these healthy activities less.

