



## MONTHLY NEWSLETTER

August 2013  
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### National Immunization Awareness Month!

We all need shots (also called immunizations or vaccinations) to help protect us from dangerous diseases. August is National Immunization Awareness Month— and a great time to talk about the importance of keeping our immunizations up-to-date!



Vaccines aren't just for kids! People of all ages can benefit from them. Shots can prevent diseases such as tetanus, rubella, and measles. It's important to know what shots you need and when to get them.

According to the U.S Department of Health, there are some guidelines to getting vaccinations:

- Everyone (including infants older than 6 months) should get a flu shot once a year.
- All adults need a booster shot once every 10 years.
- Some shots work best when they're given at a certain age. Consult your physician for recommendations or questions.



Consult your doctor or nurse to make sure that all of your shots (vaccinations and immunizations) are up-to-date. Cold and flu season is months away, but early preparation and prevention are key to staying healthy.

Source: [healthfinder.gov](http://healthfinder.gov)  
<http://healthfinder.gov/nho/AugAnnounce.aspx>

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#### **Special points of interest:**

- It is time to check up on your immunizations and vaccinations?
- Tips on how to stay cool and hydrated this August.
- Learn how to treat minor bug bites.
- Spotlight on mammograms & screening for breast cancer.

### National Psoriasis Awareness Month!

Psoriasis is the most common autoimmune disease in the United States. As many as 7.5 million Americans are affected by it. The National Psoriasis Foundation spends the month of August raising awareness about psoriasis.



Psoriasis is not contagious.  
It is typically a life-long condition.  
It often accompanies diabetes, heart disease, or depression.

Psoriasis is not caused by poor hygiene.  
Many new medications help control the symptoms of psoriasis, although there isn't a cure yet.



# Healthy Summer Recipes— less than \$3/serving!

## Sweet Mustard Chicken Thighs

- Ingredients:
- 1/2 cup mustard
  - 1 teaspoon allspice
  - 1/3 cup packed dark brown sugar
  - 1/4 teaspoon ground red pepper
  - 8 skinless chicken thighs



### Directions:

1. Prepare grill (light & heat)
2. Combine first 4 ingredients in a small bowl and stir. Set aside.
3. Place chicken on grill rack & pour 1/4 of sauce mixture (from step 3) onto chicken thighs.
4. Grill for 3 or 4 minutes.
5. Turn chicken over, pour another 1/4 of mixture onto chicken thighs.
6. Grill until done. Plate chicken thighs & smother with remaining sauce mixture.



## Grilled Pork & Pineapple

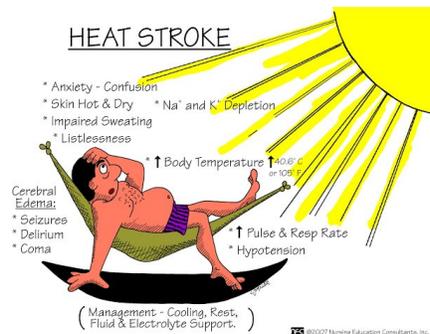
- \*4 boneless pork chops
- \*salt & pepper
- \*3 tablespoons orange marmalade
- \*1 can sliced pineapple
- \*1/2 cup plain yogurt

1. Sprinkle pork chops with salt & pepper
2. Place chops on the rack of uncovered grill over medium heat for 4 minutes. Turn; add pineapple. Brush chops and pineapple with 2 tablespoons of the marmalade. Grill 3 to 5 minutes more or until an instant-read thermometer inserted into pork registers 160 degrees F, turning pineapple halfway through grilling.
3. Meanwhile, combine yogurt and remaining marmalade. Arrange pineapple and chops on plates.

Source: Better Homes & Gardens Online

## Summer Safety: Heat Stroke

Also known as *sunstroke*, heat stroke can be life threatening. Heat stroke is dangerous because it stops your body from being able to cool itself naturally. You can get heat stroke by spending too much time in a hot, humid environment or even by exercising heavily. When this happens, you sweat heavily and rapidly lose body fluids. As a result, blood flow to the skin increases, thus reducing blood flow to vital body organs such as your heart. In the summer months, take precautions to avoid heat stroke.



Source: Nursing Education Consultants, Inc.

To stay cool and avoid heat exhaustion, try to drink water every 15 minutes and avoid heavy sun exposure between 12-4pm, the hottest hours of the day.



## Summer Safety: Treating Insect Bites and Stings



Finally summer has arrived. Spending time outdoors is great, but insect bites can be a pain! It is important to know how to identify and treat these pesky bites.

**Using ice** is the best treatment for bug bites or stings. Wrap an ice cube in a towel and apply it to your sting/bite for 20 minutes a few times a day.

**Clean the area** with soap and warm water to avoid infection.

**Do not scratch** the area, as it may cause your skin to break down and become more infected.

**Call a doctor** if the bite/sting becomes

infected (redness with or without pus) and feel like you have a fever. Also call your doctor if you have been stung/bit *more than 10 times*.

### Remember:

A normal skin reaction to a bug bite or sting should only last a couple days! Using insect repellants to prevent bites. Insect repellant can be applied to clothing as well as skin to protect you.

Source: Nordquist, Christian. 12/16/09. How to treat Insect Bites. Medical News Today.

## Medication of the Month: Claritin

**Claritin** is used for the treatment of seasonal allergies. The symptoms of seasonal allergies are sneezing, a runny nose, and itchy eyes. Consult your doctor to determine whether or not you may have **seasonal allergies**.



**You should not take** Claritin if you are allergic to *loratadine*, the active medication in Claritin. You also should not take Claritin if you are breastfeeding or have kidney disease or liver disease. Consult your doctor about other restrictions.

The most common side effects of taking Claritin are drowsiness, diarrhea, dry mouth, stomach pain, and a sore throat.

### Facts about allergies:

- 1 in 5 Americans has allergy symptoms
- The most common allergens are pollens from trees, grasses, or weeds, and airborne mold.
- Allergy symptoms are called “*allergic rhinitis*”, or hay fever.

Source: [http://www.aaaai.org/allergist/news/Pages/Allergy\\_Facts.aspx](http://www.aaaai.org/allergist/news/Pages/Allergy_Facts.aspx)

## Spotlight on Mammograms

A mammogram is an x-ray of the breast. It is the screening tool that helps us identify breast cancer. Starting at age 40, women should get a mammogram once a year.

Mammograms are important because if breast cancer is detected early enough, it can be much easier to treat. If you are under 40 and have a family history of breast cancer, talk to your doctor about

what measures to take to lower your risks. During a mammogram, x-ray images are taken of the inside of the breast. A radiologist looks at the x-ray for any signs of cancer or any breast changes. Women who get yearly mammograms are at an

advantage because their newest mammogram image can be compared to the ones from years before, making it easier to notice any minor changes in their breast tissue. Talk to your doctor about scheduling an appointment to have a mammogram.

Source: <http://www.cancer.gov/cancertopics/factsheet/detection/mammograms>

**“Women who get yearly mammograms are at an advantage because their newest mammogram image can be compared to the ones from years before”**

## Summer Beverages & Weight Management

When temperatures are high, it’s important to stay hydrated. But did you know that the amount of calories we consume every day in beverages has doubled since the 1960s? In order to stay at a healthy weight, we have to keep in mind the amount of calories we consume with the amount of calories we burn every day by moving around.

Here are some tips to drinking smart this summer!

Limit the amount of sports drinks and juices you drink. Even though juice can be nutritious, they are often loaded with sugar and extra ingredients that can lead to weight gain.

Also limit your consumption of pop and alcoholic beverages. If you are really craving a sugary drink, buy the smallest one you can find. It will satisfy your craving without over-doing it.

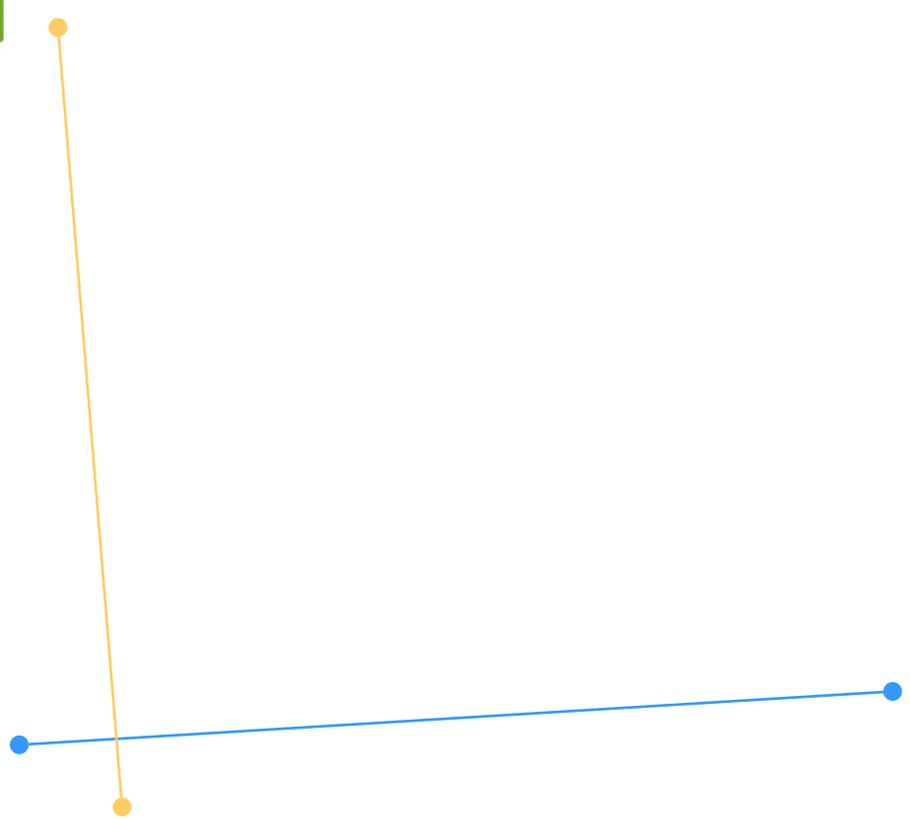


Source: <http://www.catright.org/Public/content.aspx?id=10931>

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## Exercise & the Physical Activity Pyramid

Moving around and getting enough exercise can be just as important for our health as taking medicine or going to the doctor. There are countless health benefits to a regular exercise regimen. The best part is, you don't have to hit the gym or find the nearest park to exercise. Exercise can be done anywhere, anytime.

If you're new to exercising, try a few simple changes at home. Do stretches while you watch TV or make your daily trip to the grocery store on foot rather than by car or bus. Maybe you have a friend who could use help doing yard work or cleaning. The truth is, "exercise" is just a fancy word for moving more! Combined with a healthy and nutritious diet, you're giving your body a "tune-up" to run as efficiently as possible.

