

October 2011

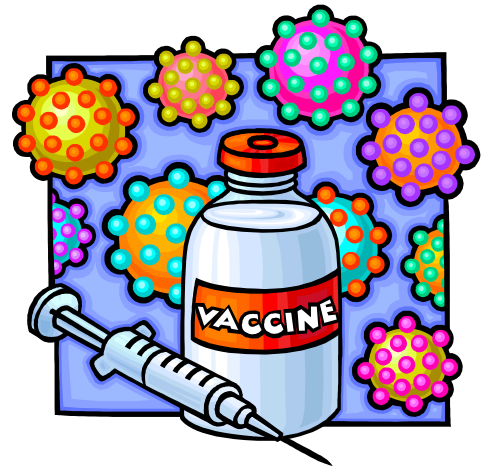
Health and Emotional Wellness Tidbits

How to Stay Healthy During Flu Season



Influenza remains one of the gravest threats to public health. The most effective means to prevent infection with influenza is the influenza vaccine. It is highly recommended that people who are eligible, get vaccinated. This not only protects you from a serious illness but also helps prevent you from spreading the virus to others, including children and the elderly. The “Flu” is more serious than a common cold and it can be very dangerous, especially in either the very young or the elderly with multiple diseases. As several hundred of us meet at church on Sundays or at other times, the influenza virus is hard at work trying to make everyone in its path sick. Vaccination is one way for humans to win this war. Also, let’s not forget to use the hand sanitizers in the rest rooms throughout the church building. Wash you hands thoroughly first, then apply a ‘squirt’ of hand sanitizer to help eradicate those pesky microbes from your hands!

The 2011 - 12 U.S. seasonal influenza vaccine virus strains are identical to those contained in the 2010 - 11 vaccine. These include A/California/7/2009 (H1N1)-like, A/Perth/16/2009 (H3N2)-like, and B/Brisbane/60/2008-like antigens. The influenza A (H1N1) vaccine virus strain is derived from a 2009 pandemic influenza A (H1N1) virus. Although influenza vaccine strains for the 2011 - 12 season are unchanged from those of 2010 - 11, annual vaccination is recommended even for those who received the vaccine for the previous season. Don’t assume that since you got your shot last year, you are protected....Those little microbes are smarter than we are!



Recommendations for Vaccination

Routine annual influenza vaccination is recommended for all persons aged 6 months and older. To permit time for production of protective antibody levels vaccination should optimally occur before onset of influenza activity, preferably in mid September to early October.

(Continued on back)

Staying Healthy in Flu Season (cont.)



Vaccine Doses for Children Aged 6 Months Through 8 Years

Children aged 6 months through 8 years require 2 doses of influenza vaccine (administered a minimum of 4 weeks apart) during their first season of vaccination to optimize immune response. Everyone else only requires one vaccination.

Vaccination of Patients With Egg Allergy

Government recommendations vary depending on the severity of patients' allergy to egg.

For example, for patients who experience hives after being exposed to egg, the influenza vaccine can be administered as long as the following precautions are observed: (1) TIV (trivalent inactivated influenza vaccine) rather than LAIV (live attenuated influenza vaccine) is used, (2) a health care provider who is well versed in the potential manifestations of egg allergy administers the vaccine, and (3) the patient is observed for at least 30 minutes after receiving the vaccine for signs of allergic reaction. However, for patients with more severe allergic reactions to egg, referral to an expert in the management of allergic conditions for further assessment may be needed or influenza vaccination may be contraindicated. So, always check with your physician first if you have an egg allergy.

New Vaccine Formulation (intradermal TIV)

Fluzone Intradermal is a new influenza vaccine dosage form that was licensed in May 2011. The formulation is administered intradermally (i.e., into the skin) rather than intramuscularly as with the traditional vaccine. Fluzone Intradermal is an alternative to other TIV preparations for the indicated age range (age 18–64 years), and governmental agencies have no preferential recommendation regarding seasonal influenza vaccine dosage form.



In summary, don't put off getting "Shot" and protect yourself and your loved ones!

From Joe Dasta

Mercy and Grace

Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. 1 Timothy 1:13-14

Peanut butter and jelly. Forks and spoons. Mercy and grace. Some things just go together, and thankfully, mercy and grace are such a pair in the kingdom of God. To obtain mercy and grace means "to receive exemption from the punishment that one deserves." Every one of us deserves punishment for our sins. Perhaps those sins aren't as dramatic as Paul's, or maybe they're every bit as intense, or maybe even worse. But God doesn't rank sin. Sin is sin, and all of us have made wrong choices in our lives. Over the years of providing Christian counseling to many brothers and sisters in Christ, God has blessed me with having the opportunity to share His love, mercy, grace and forgiveness with those who found it hard to believe that God would still love them enough to want them to be free of the terrible guilt they held in their heart for themselves. *To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."* John 8:31-32. It is hard to put into words how relieved and humbled they felt once they finally believed God has made us worth all the grace and mercy He has for us all. How wonderful it is to know that our loving God hasn't given us what we deserve. Instead, He has freely offered salvation through Jesus who took our sin upon Himself. Cups and saucers. Salt and pepper. And, yes, mercy and grace. Some things go together perfectly. Thank you Lord.

From Don Davis