

# HealthyU

A Newsletter to Promote Wellness  
presented by Akeso Care Management® (ACM®)



*Back to School!*

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**DON'T  
FORGET  
YOUR  
FLU SHOT  
THIS FALL!**

*Great Tips and Information Inside*  
**please enjoy!**



# POP Quiz For Your Health

## Back to School!!!

Fall is upon us. The season brings many different thoughts to mind. Cooler temperatures, leaves turning beautiful colors, shorter days, apples, cider, Halloween, football, sweaters and the big one... back to school. With school comes tests and quizzes, we thought giving you a little quiz on some medical myths might get you in the back to school spirit!



Please answer True or False to the following questions.

1. Skipping meals is a good way to lose weight.
2. Getting the flu vaccine will actually cause you to get the flu.
3. Commercial artificial sweeteners cause cancer.
4. Eating after 8 p.m. causes weight gain.
5. Cancer is contagious.
6. A typical serving of beer doesn't have as much alcohol as a typical serving of liquor.

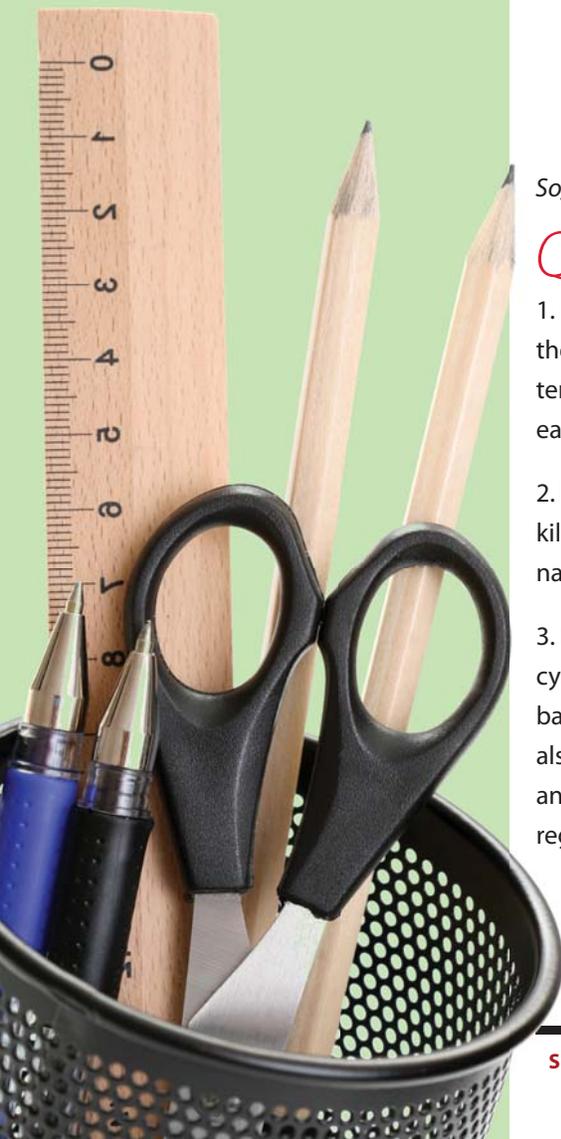
So, how do you think you did? Were they hard to answer?

## Quiz Answers:

1. **False.** People who skip breakfast and eat fewer times during the day, tend to be heavier than those who eat four or five smaller meals a day. This may be because people who skip meals tend to feel hungrier later on, and eat more than they normally would. It may also be that eating many small meals throughout the day helps people control their appetites.
2. **False.** Flu shots contain an inactivated vaccine. This means it contains viruses that have been killed. The nasal spray flu vaccine is made with live, weakened flu viruses. The viruses in the nasal spray vaccine do not cause the flu.
3. **False.** In 1969 the U.S. Food and Drug Administration (FDA) banned the artificial sweetener cyclamate because research findings suggested it might be linked to bladder cancer. It is still banned, although subsequent studies have failed to demonstrate that it causes cancer. Research also suggests there is no link between cancer and popular artificial sweeteners like saccharin and aspartame. The FDA regulates all sweeteners and will continue to study the evidence and regulate new products as they enter the market.



**FAST FACT:** Studies show that washing hands at least four times a day can reduce stomach illnesses by more than 50 percent in school children.



## Quiz Answers (continued)

4. **False.** It doesn't matter what time of day you eat, it's what and how much you eat and how much physical activity you get that determines whether you gain or lose weight. No matter when you eat, your body will store extra calories as fat.

5. **False.** No one can "catch" cancer from another person. Cancer is not contagious. Infection with certain strains of the human papilloma virus (HPV) can increase the risk of developing cervical and some other types of cancer, including some forms of head and neck cancer, but the cancer itself is not contagious.

6. **False.** A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

We hope you have learned something by taking the quiz and that some common medical myths have been debunked. If you have questions about something you have heard or read, research it and find out the right answer before passing the information on to someone else.



## Flu Vaccine

Unfortunately, fall is also the time that the flu season starts and flu vaccinations take place. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine every year.

There are three different flu shots and the nasal spray flu vaccine available:

- A regular flu shot approved for people ages 6 months and older
- A high-dose flu shot approved for people age 65 and older, and
- An intradermal flu shot approved for people 18 to 64 years of age.
- The nasal-spray flu vaccine is a vaccine made with live, weakened flu viruses that are given as a nasal spray. It is approved for use in healthy people 2 through 49 years of age who are not pregnant. The viruses in the nasal spray vaccine do not cause the flu.

The vaccines protect against the three influenza viruses that research indicates will be most common during the upcoming season. The viruses in the vaccine can change each year based on international surveillance and scientists' estimations about which types and strains of viruses will circulate in a given year.



**QUICK TIP:** Try to get your flu shot in October or early November. New research has shown that even flu shots given in September protect for the whole flu season.

## Is it the Flu or a Cold?

It's easy to confuse a common cold with the flu. A cold is milder than the flu, but since the flu can make some people very sick, you should know the difference.

People with the flu can have fever, chills, dry cough, general body aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What people call "stomach flu" is not influenza.

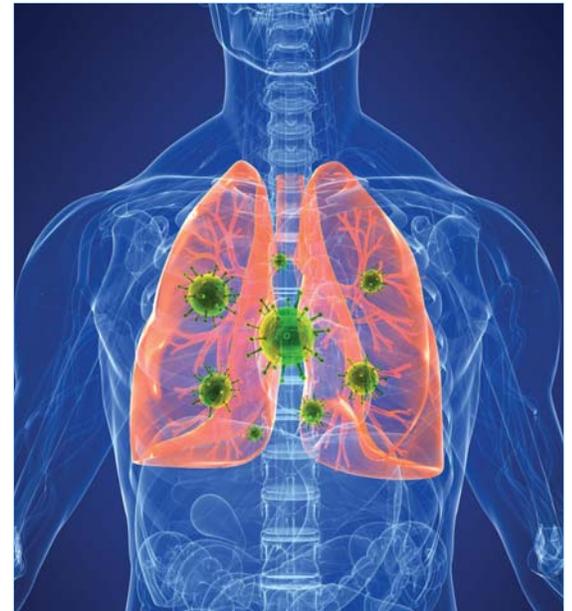
| Symptoms                   | If it's a cold                    | If it's the flu               |
|----------------------------|-----------------------------------|-------------------------------|
| Fever                      | rare                              | usual                         |
| Headache                   | rare                              | common                        |
| General aches/pains        | slight                            | usual; often severe           |
| Tiredness/Weakness         | sometimes                         | usual; can last 2-3 weeks     |
| Extreme Exhaustion         | never                             | usual; when first become sick |
| Stuffy Nose                | common                            | sometimes                     |
| Sneezing                   | usual                             | sometimes                     |
| Sore Throat                | common                            | sometimes                     |
| Chest discomfort/<br>Cough | mild to moderate<br>hacking cough | common; can become severe     |



## Pneumonia Vaccine

The pneumonia vaccine (pneumococcal polysaccharide) is an inactivated-bacteria vaccine. After you get a vaccine, your body learns to attack the bacteria if you are exposed to it. This means you are less likely to get sick from an infection due to this type of bacteria. The vaccine is recommended for:

- Everyone age 65 or older
- High risk people age 2 or older
  - » Includes persons with heart disease, lung disease, kidney disease, alcoholism, diabetes, cirrhosis, cochlear implants, and leaks of cerebrospinal fluid
  - » People with sickle cell disease
  - » People who have had their spleen removed
  - » People who live in nursing homes (extended-care facilities)
  - » People who live in any institution where there are other people with long-term health problems
  - » People with conditions that weaken the immune system, such as cancer, HIV, or an organ transplant
  - » People who receive long-term medicines that suppress the immune system, including steroids
  - » Alaskan natives and certain Native American populations over 50 who live in high-risk areas
  - » Smokers age 19 to 64 even if they do not have any of the conditions listed above



You need at least one shot of the vaccine. One dose works for most people. You may need a second dose if:

- You had the first shot more than 5 years ago and you are now over age 65
- Your immune system is weakened
- You have chronic kidney failure or nephritic syndrome
- You have sickle cell disease
- Your spleen has been removed

# Fall & Winter Exercise Tips

As the colder weather approaches many of us tend to hibernate. We could lose stamina, strength and flexibility by “lying dormant” during the fall and winter months. Experts recommend at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. This amount of physical activity may reduce your risk for some chronic diseases i.e. (asthma, diabetes, heart disease, and arthritis). There are many activities you can do this fall and winter that can give you a work out and keep in shape.



Here is a list of some outdoor activities that will get your heart rate up and burn some calories:



- Snowboarding
- Down-hill skiing
- Snow-shoeing
- Ice skating
- Cross-country skiing
- Ice hockey
- Sledding
- Shoveling snow



You can always work out in a gym, play basketball, volleyball or other indoor sports.

While working out this fall or anytime, It's important to remember a few tips:

- » *Get a physical to make sure you are healthy before you start any new sport/activity*
- » *Wear the right shoes, gear and equipment. Remember helmets, pads and masks are required for certain sports. (i.e. hockey, sledding, snowboarding)*
- » *Warm up and stretch before starting your sport/activity*

If you have already hurt yourself playing a sport, make sure you recover completely before you start up again. If possible, protect the injured part of your body with padding, a brace or special equipment. When you do start playing again,

- » *Start slowly*
- » *Dress in layers*
- » *Avoid the wind*
- » *Warm up inside before going outside-warm up your clothes in the dryer before going out*
- » *Keep hydrated-still drink fluids even though it is cold out*

Enjoy the outdoors and keep fit this fall/winter!



**FAST FACT:** Physical activity is any activity that causes your body to work harder than normal. It describes activities that are beyond your daily routine for sitting, standing, and walking up stairs.