



WELLNEWS

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Adults Need Vaccinations, Too

Your need for immunizations doesn't end when you reach adulthood. Protect yourself and your loved ones from vaccine-preventable diseases. Be the example!!

Immunizations are NOT just for kids! Regardless of your age, we ALL need immunizations to keep us healthy. With time, immunity from childhood vaccines can fade and you may be at risk for new and different diseases. With adulthood comes responsibility, including the need to protect ourselves and our loved ones.

Find Out Which Vaccines You Need

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel, and previous immunizations. Throughout your adult life, you need immunizations to get and maintain protection against:

- **Seasonal influenza (flu)** (for all adults)
- **Tetanus, diphtheria and pertussis (whooping cough)** (for all adults who have not previously received the Tdap vaccine)
- **Shingles** (for adults 60 years and older)
- **Pneumococcal disease** (for adults 65 years and older and adults with specific health conditions)



Hepatitis B infection (for adults who have diabetes or are at risk for hepatitis B)

Other vaccinations you may need include those that protect against human papillomavirus (which can cause certain cancers), hepatitis A, chickenpox (varicella), and measles, mumps and rubella.

Ask your doctor which vaccines are recommended for you.

Be the Example!

Your need for immunizations does not end when you reach adulthood. In fact, the need for immunization remains just as strong as when we were children. As adults, we must continue to maintain our own health because our families and loved ones depend on us to care for them and to teach them how to care for themselves. Stay healthy and be a positive role model.

Be an Advocate!

Encourage other adults in your family to check with their doctors for immunizations they may need to help protect against vaccine-preventable diseases.

Remind your family, friends, co-workers, and those in the community to get vaccinated each year against seasonal influenza. If they are up-to-date on all of their vaccinations, they protect themselves and those around them, especially babies too young to be vaccinated.

Source: www.cdc.gov



Health Observances

Children's Eye Health and Safety Month: www.preventblindness.org

National Breastfeeding Month: www.usbreastfeeding.org/NBM

National Immunization Awareness Month: www.cdc.gov/vaccines/events/niam/default.htm

Source: <http://healthfinder.gov/>

Personalized Care

Safe Driving in Work Zones

Remember, when you enter a work zone, be patient. Worrying about the time and traffic won't get you anywhere faster. Instead, slow down and pay attention to your surroundings. These tips can help you get in and out of a work zone safely:

- **Don't fool around.** Eliminate distractions like eating, drinking, talking on the phone, or fiddling with electronic devices.
- **Expect the unexpected.** Speed limits may be reduced, traffic lanes may be changed, and people and vehicles may be working on or near the road.
- **Slow down.** A car traveling 60 mph travels 88 feet per second, and the faster you go the longer it takes to stop.
- **Give yourself room.** Rear-end collisions are the most common work zone crashes, so don't tailgate.
- **Allow about three seconds of braking distance.** Look for signs. Orange, diamond-shaped signs usually give you ample warning of lane closings, construction areas, and flaggers and other workers ahead.
- **Be patient.** If you don't see workers, that doesn't mean they're not there. Observe the signs until you see one that says you've left the work zone.
- **Plan ahead.** Leave early or map out an alternate route. Find the latest road conditions and work zone news at <http://www.dot.wisconsin.gov/travel/driving-cond.htm>.
- **Follow the law.** Slow down and move over, if possible, when you see flashing lights.



Paying for work zone carelessness

In Wisconsin, the penalties for careless driving are steep.

- **It can cost you money** - A normal speeding ticket can be expensive, but that's nothing compared to traffic violations made in the zone. In a work zone, penalties are doubled - and fines usually increase every year.
- **It can cost you time** - The consequences for injuring or killing someone in a work zone are especially serious. Careless drivers may face thousands of dollars in fines and up to 3 1/2 years in prison if they injure someone in a work zone. The fines for vehicular manslaughter are even higher, as are the prison terms - as many as 10 years. These punishments may increase if the driver was intoxicated or a repeat offender.
- **It can cost your life** - The greatest cost of irresponsible driving isn't calculated in dollars or years. Wisconsin sees nearly 2,000 work zone crashes a year. Sometimes, people die. And those tragedies change the lives of everyone left behind - workers, drivers and passengers, family and friends.

Source: <http://www.dot.wisconsin.gov/>

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:

<http://search.active.com/?tab=events>



Lemon-Garlic Glazed Corn on the Cob



Makes 4 servings
Active Time: 15 minutes
Total Time: 15 minutes

Ingredients

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 4 ears corn, husked
- 1/3 cup water
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

Preparation

Heat butter and oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute. Add corn, water, lemon juice, salt and pepper. Cover and cook, gently shaking the pan occasionally to turn the cobs, for 5 minutes. Uncover and continue cooking, turning the cobs occasionally, until all but a few tablespoons of liquid has evaporated, 2 to 4 minutes more. Serve the corn drizzled with the lemon-garlic pan sauce.

Nutrition

Per serving: 149 calories; 8 g fat (3 g sat , 4 g mono); 8 mg cholesterol; 20 g carbohydrates; 0 g added sugars; 4 g protein; 2 g fiber; 162 mg sodium; 294 mg potassium.

Source: www.eatingwell.com