

Keeping your health and wellbeing in the know

MyHealthTALK

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Courtesy of Asset Health

Fall Hiking

The days will soon become shorter and the temperatures will gradually decrease. Now is the time to prepare for fall hiking! Fall is a great time to get outdoors and exercise. The best part is that it can be done close to home on nature trails, or on a planned trip that takes you into the mountains for several days. Regardless of where you hike the following elements are key to your overall enjoyment.

Proper Clothing - Hiking is a physical activity which requires you dress in layers and have the proper footwear. Layering with several garments will allow you to be comfortable in the brisk morning and give you the flexibility to remove layers as the day begins to warm up. A shoe or hiking boot with a good tread and strong support will ensure that your feet are comfortable during the hike. Footwear that has breathability is also an important factor because it will help keep your feet dry throughout the hike.

Weather - Watching the weather will help you prepare for your hike and avoid any bad weather that may move into your area. Some of the best hiking is found in the crisp cool air of the morning. Watching the sun rise is a great reward.

Being Prepared - Make sure that you are prepared for anything that may come your way during the hike by taking a compass, first-aid kit and a map. Raingear is also a great piece of gear that can turn a nasty weather change into an enjoyable hike. Check out your local, state or national park website to find a trail or just map a course around your neighborhood.

Hydration - Staying hydrated during your hike is very important to help prevent fatigue and muscle cramps. A good water bottle will provide you with hydration. In addition, some all natural fruit juice can help keep your electrolytes in balance and give you a burst of energy if it is needed.

Fuel - Do not forget that our bodies need fuel so they can perform at their peak levels. Quick snacks like granola, nuts or an energy bar are great fuel to keep your engine running smoothly throughout the hike.

Friends and Family - Hiking is a great opportunity to interact with your friends and family. Whether you are looking to catch up on old times or view nature together, it is a fun adventure that yields the benefit of companionship and exercise.

Hiking is an adventure that gives us the freedom to choose our own path in nature, so this fall get outdoors with friends and family to hike; it is a great place to be!

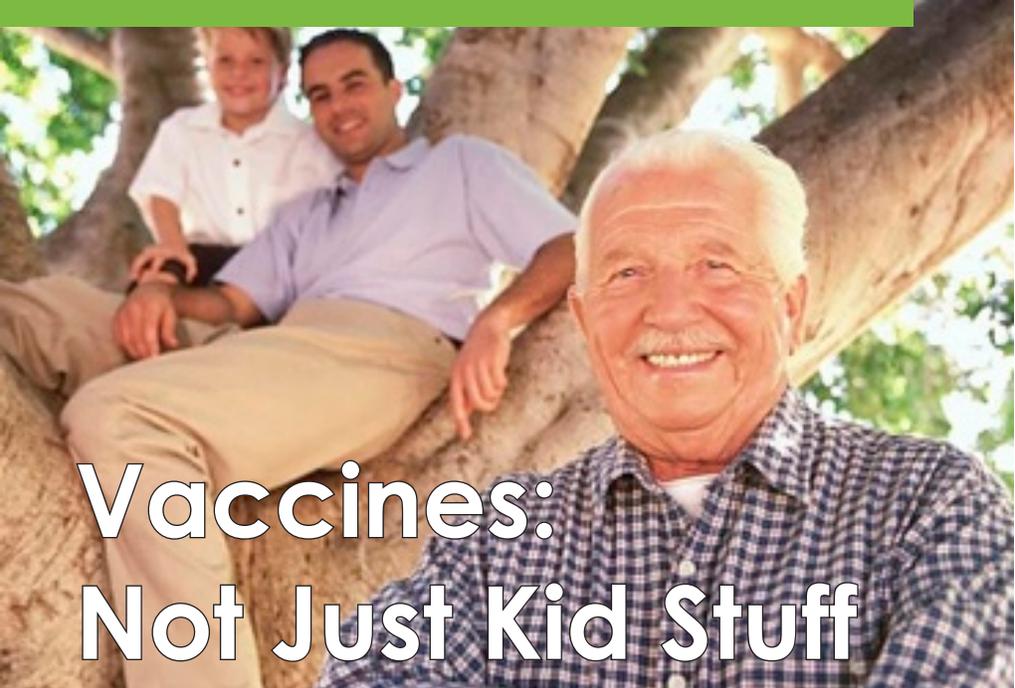
Source: http://www.outdoorplaces.com/Features/Hiking/fall_hiking/

Back to School Safety: Make it a Priority!

Parents and other adults can help keep children safe by following these 10 tips:

1. Use the **BUDDY SYSTEM** when walking and waiting at the bus stop.
2. Walk the route to and from school with your children and point out landmarks and safe places to go if they're being followed or need help. **NEVER TAKE SHORTCUTS** and stay in well-lit areas.
3. Whether it is walking to and from school or waiting for the bus have **ADULT SUPERVISION** for young children.
4. Teach them it's **OK TO BE IMPOLITE** if someone makes them feel scared or uncomfortable--just get away from that person.
5. If anyone tries to take your child somewhere he or she should **RESIST** by kicking and screaming. **TRY TO RUN AWAY** and **DRAW ATTENTION** by yelling "This person is trying to take me away" or "This is not my mom/dad."
6. Teach your child to **NOT ACCEPT A RIDE** from anyone. If followed, they should turn around and go in the other direction and find an adult to help.
7. Teach your children that grownups should **NOT ASK CHILDREN FOR DIRECTIONS**, they should ask other adults.
8. Teach your children **NEVER TO ACCEPT MONEY OR GIFTS** from anyone without parental approval.
9. Make sure the school has current and accurate emergency contact information and confirm names of those **AUTHORIZED** to take your child from the school.
10. Always know where your children will be. Teach them to **CHECK FIRST** before changing their plans before or after school.

Source: Center for Missing and Exploited Children-Back to School Safety



Vaccines: Not Just Kid Stuff

Most people realize the essential role that vaccines play in keeping children healthy, but many adults miss out on important protection against illnesses and infections by not “rolling up their sleeves.”

Did you know?

- Approximately 50,000 adults die in the U.S. from vaccine-preventable diseases according to the National Foundation for Infectious Diseases; more than die in traffic accidents or from breast cancer each year.
- Adults are at greater risk for severe complications and are 25 times more likely to die from chicken pox than children.
- Some people infected with Hepatitis A never have symptoms, but up to 1.4 million people have long term or chronic infection which can lead to liver cirrhosis, liver cancer, and death.
- About one million Americans develop shingles every year and about 2 in 10 people will get shingles in their lifetime.



What are some of the reasons adults are under-immunized?

- Many people are unaware of the need for adult vaccinations; some lack knowledge about new vaccines or which vaccines are available and/or required.
- Some adults were never vaccinated as children.

As we age, we become more susceptible to serious diseases caused by common infections, such as the flu and pneumonia. Even if you received vaccinations as a child, it might be time for a booster shot to enhance your protection. There is a good chance that new vaccines have been developed, such as the varicella (chicken pox) vaccine in 1995, or that recommendations have changed since your last round of immunizations.

Vaccinations for Adults

Influenza (flu): One dose each fall or winter. Protects against the three influenza viruses that the CDC believes will be most prevalent during the upcoming flu season.

Pneumococcal (pneumonia): One dose at age 65 (or older) if you’ve never been vaccinated; 1- 2 doses if you smoke cigarettes or have certain chronic medical conditions.

Tetanus, diphtheria, pertussis (whooping cough) (Tdap): A onetime dose for those younger than 65, and those 65+ who have contact with an infant or are a healthcare worker.

Td: Tetanus booster every 10 years (sooner if you sustain a deep or dirty wound).

Hepatitis B (Hep B): Needed if you have specific risk for this disease or simply want protection.

Hepatitis A (Hep A): Needed if you have specific risk for this disease or simply want protection.

Measles, mumps, rubella (MMR): At least one dose (possibly a second) if you were born in 1957 or later.

Varicella (chickenpox): If you have never had chickenpox or you received only 1 dose of this vaccine, discuss your need for additional vaccine with your doctor.

Zoster (shingles): If you are age 60 years or older.

Talk to your healthcare provider to find out which new or newly recommended vaccines might be right for you.

References:

Centers for Disease Control and Prevention (CDC)
National Foundation for Infectious Diseases (NFID)
Immunization Action Coalition