



August 7, 2009

# Back to School

Volume 1  
Issue 15

## Don't Miss the Vaccination Bus

The bells are soon to be ringing which can only mean



one thing...vaccinations. With your kids heading off to school again, it is important that they are all up-to-date on their vaccinations to prevent illnesses.

Children 0-6 years of age are recommended to get many different vaccines for protection against diseases. By looking up the nationally recommended Childhood Immunization schedule, parents are able to see what vaccines are necessary and the dosage. This is available on CDC's website.

For children aged 7 to 18 years of age, vaccines are still recommended. A yearly flu shot is definitely recommended for children, pre-teens, and teens. As children grow older, they have a greater risk of catching infectious diseases.

The Center of Disease Control and Prevention website has developed a tool that helps children who fall behind on their vaccinations. It's an online tool called Catch-Up Immunization Scheduler. It provides the best alternatives to healthcare

providers and parents to get children back on schedule.

This month is National Immunization Awareness Month. Vaccinations has been a medical breakthrough aiding in reduction of numerous diseases. But tens of thousands of people still die

every year to vaccine-preventable diseases. This time of the year is a great time to remind family and friends to stay up-to-date on their vaccinations. Immunizations are important for all ages, so make an appointment today!



<http://cdc.gov/Features/CatchUpImmunizations/>

### Happiness Happens Month

- ✓ People who are generally happy are less likely to catch the common cold versus people who are generally more pessimistic.
- ✓ Positive emotions are linked to living longer, quality lives.
- ✓ Happy and satisfied people are 1.6 times as likely to experience excellent health.

This month, Iowa Chiropractic is celebrating *Happiness and Health*. Please feel free to write or illustrate an experience with happiness and health that you have had. Also, there is a packet full of articles that deals with the benefits of happiness and your health, so pick one up and become educated. Being happy is a very important factor in your health. So go ahead, smile and laugh all you want...**IT'S GOOD FOR YOU!**

The Event Driven Practice-Discover Wellness

## 5-Minute Tips



There are several actions you may take to stay healthy and safe that only take **5 minutes or less!**

\*Wash hands—20 seconds

\*Buckle up—4 seconds

\*Test Smoke Alarms—10

seconds per alarm

\*Eat Healthy—2 minutes to make a salad

\*Take the Stairs—2 minutes to walk two flights

\*Make an appointment—2 minutes

Go to CDC's website to

find out more tips on staying healthy and safe that may take more than 5 minutes, such as, being active or planting your own vegetables.

<http://cdc.gov/Features/FiveMinutes/>

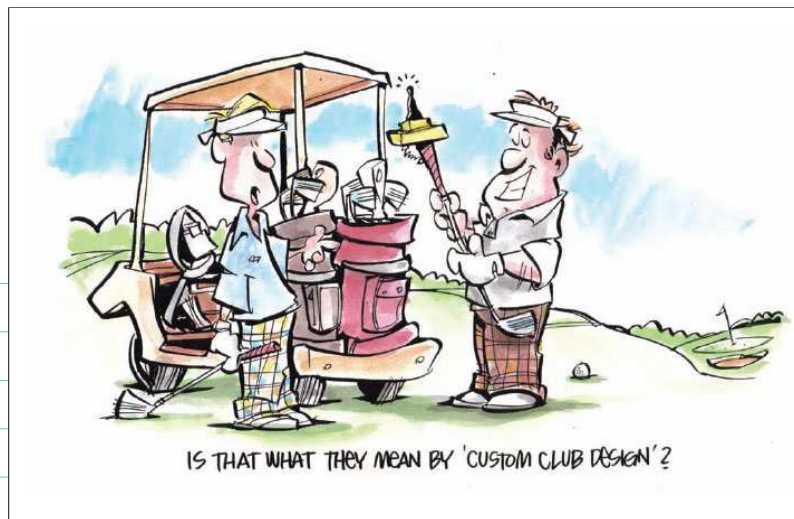


**Iowa Chiropractic  
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**Tip of the Day**

Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

[www.mypyramid.gov](http://www.mypyramid.gov)



[www.iowachiroclinic.com](http://www.iowachiroclinic.com)

The best vitamin to be  
a happy person is B1.  
~Author Unknown

**Vitamin B-12**

One of the many B vitamins, Vitamin B-12 is very essential to our bodies. It aids in our nervous system and makes new red blood cells. Meat, fish, eggs, and other dairy products all carry Vitamin B-12. Supplements and shots are offered to people who do not get enough of this nutrient.

A deficiency in Vitamin B-12 advances rapidly. This can, in-turn, cause anemia. The following is a list of symptoms from a deficiency of Vitamin B-12.

- \*Weak
- \*Tired
- \*Faint
- \*Heart palpitations
- \*Looking pale
- \*Shortness of breath

- \*Tingling of hands and feet
  - \*Changes in ability to walk
  - \*Loss of vision
  - \*Memory problems
  - \*Seeing things that aren't there
  - \*Sadness
  - \*Changes in personality
- The following are symptoms among infants with a lack of this essential nutrient.
- \*Problems growing
  - \*Weak muscle tone
  - \*Delays in development

\*General weakness

If you think that you or your family may have these symptoms, consult with your doctor immediately. He or she will answer any questions you may have about Vitamin B-12 and the deficiency.

If you have untreated pernicious anemia, gastric surgery, or long-term use of strict vegetarian diet, you may be at risk in developing a Vitamin B-12 deficiency. Your risk also gets greater as your age increases.

To get more information, visit CDC's website and click on the American Academy of Family Physicians link to find out more about this vitamin. Keep you and your family safe and healthy.

<http://cdc.gov/Features/VitaminB12/>

