

# Healthy Steps Update

September 2011

[www.PremierCommunityHealth.org](http://www.PremierCommunityHealth.org)

## Flu Shots: Yes, You Do Need One

It's that time of year. Summer is coming to an end and flu shot season is just around the corner. Each year, you hear everyone talking about flu vaccines and how you should get one, yet many people choose not to. It is important to get your yearly flu shot to stay healthy and survive another flu season.

The flu (also called influenza) is a lung infection. There is no such thing as the stomach flu. We often think the flu as more of a nuisance, but it can be life threatening for children, older adults and those living with other health problems. One of the best ways to prevent the flu is with a flu shot. In fact, the Center for Disease Control suggests all people 6 months or older get a flu vaccine every year.

Many people don't get a flu shot because they believe it will give them the flu. This is a myth. You cannot get the flu from a flu shot because the virus used to make the shot is dead. Vaccine you breathe through your nose is made with live virus, so there is some risk of getting the flu.

If you feel ill after a flu shot, a few things can be happening:



1. It takes time for the shot to work. After a flu shot, your body uses the dead virus to create special soldiers called "antibodies" that attack the virus in the shot. It takes your body time to make enough antibodies to protect you. If you are exposed to the flu while your body is still making antibodies, you may not be able to fight it off.
2. Your immune system makes antibodies, so if it's busy doing that, you may catch colds and other illnesses more easily.
3. Sometimes when your body begins to start making antibodies, you can feel achy or

like you have a fever. This is not the flu and will pass in a day or two. If your doctor recommends taking ibuprofen after your shot, follow his or her directions.

Flu season is January/February/March, so having your shot in the fall prepares your body to protect itself during flu season. But, a flu shot can only protect you against the types of flu in the shot. If a type of flu pops up that is not in the shot, you can get that flu. So, it's still important to wash your hands frequently with soap and warm water.

With the flu, many people have mild symptoms and can recover in a week or two. However, in some people flu can be dangerous. Although all children and adults should get a flu shot, it is important for certain groups to get their vaccine every year including:

- Pregnant women
- Adults 50 or older
- Children ages 6 months to 5 years old
- People with ongoing medical conditions such as asthma, diabetes, heart disease and cancer.

# September Health Events and Screenings

## Blood Pressure Screenings

All blood pressure screenings are free. No appointments needed.

Saturday, September 10  
and Sunday, September 11  
9:30 a.m. to 7:30 p.m.  
and 10 a.m. to 7 p.m.  
Beavercreek Popcorn Festival

Monday, September 19  
11 a.m. to 1 p.m.  
Greater Dayton RTA  
4 S. Main Street, Dayton

## Heart Health Screenings

All heart health screenings are free. No appointments needed.

Saturday, September 10  
10 a.m. to 2 p.m.  
Westown Health Fair  
4237 W. Third Street, Dayton  
Includes blood pressure,  
total cholesterol, HDL (good  
cholesterol), blood sugar,  
hemoglobin A1c (for those with  
diabetes), height, weight and  
take-home colorectal screening kits

Saturday, September 17  
9 a.m. to 12 noon  
Hindy Temple of Dayton  
2625 Temple Lane, Beavercreek  
Includes blood pressure,  
total cholesterol, HDL (good  
cholesterol), blood sugar and  
hemoglobin A1c (for those  
with diabetes)

Saturday, September 24  
8:30 to 10:30 a.m.  
Atrium Family YMCA  
5750 Innovation Drive, Franklin  
Includes blood pressure, total  
cholesterol, HDL (good cholesterol)  
and blood sugar

Wednesday, September 28  
9 a.m. to 12 noon  
Dorothy Love Amos  
Community Center  
3003 W. Cisco Road, Sidney  
Includes blood pressure,  
total cholesterol, HDL (good  
cholesterol), blood sugar and  
hemoglobin A1c (for those  
with diabetes)

Thursday, September 29  
9 a.m. to 12 noon  
Xenia Adult Recreation Center  
130 E. Church Street, Xenia  
Includes blood pressure,  
total cholesterol, HDL (good  
cholesterol), blood sugar and  
hemoglobin A1c (for those  
with diabetes)

## Leg Pain Screenings

All leg pain screenings run  
from 8:30 a.m. to 3 p.m.  
Appointments are required. No  
walk-ins accepted. To schedule an  
appointment, call CareFinders at  
1-866-608-FIND (3463).

Leg pain screenings, also called  
Ankle-Brachial Index (ABI)  
screenings, use blood pressure

readings on your arms and legs  
to measure blood flow in your  
arteries. Participants should wear  
shoes and socks that are easily  
removed and pants and sleeves  
that allow screeners to get to the  
lower legs and arms easily. This  
screening is only for people who  
have one of the following:

- Been a smoker for 10 or more years
- Had diabetes for many years
- A personal history of heart disease
- Pain in your legs when walk you that goes away when you stop walking
- Are age 65 or older

### Screenings Dates Include:

*Good Samaritan Health Center –  
Huber Heights*

6251 Good Samaritan Way,  
Huber Heights

- Wednesday, September 7
- Thursday, September 8

*Good Samaritan North Health Center*  
9000 N. Main Street, Dayton

- Wednesday, September 14
- Monday, September 26

*Miami Valley Hospital South*

2400 Miami Valley Drive, Centerville

- Wednesday, September 21
- Wednesday, September 28

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Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.

