

Why Wellness?

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Many of you might question the importance or effectiveness of a wellness program or the importance of exercise and eating right. Sure, exercise is good but it's not for me. "I'd work out but it's just too late". "Oh, I don't need that yet, I feel just fine." The fact is, you DO need it. Everyone needs to take care of their body, their health. The great thing about a wellness program is all of the resources you have right there on the job. In writing this article, I would presume that the reader would know that I am prejudiced towards vaccines. Since the development of vaccines, beginning with Jenner and Pasteur, a multitude of lives have been saved because of vaccines. I can safely say that vaccines have saved more lives, or prevented more disease than all other forms of treatment put together. When I was a child I had classmates who developed polio and the local swimming pools were shut down during certain times of the year. Because of the polio vaccine, there has been no polio in the Western Hemisphere since 1986, except for a small recent outbreak in the Dominican Republic in unimmunized children. Smallpox has been wiped out for almost 30 years. Over the life of vaccines, the following diseases have been controlled: smallpox (100%); diphtheria (100%); pertussis (95%); tetanus (97%); polio (100%); measles (99%); mumps (99%); rubella (99%); Hemophilus meningitis (95%); epiglottitis (95%); and soon pneumococcal meningitis.

There are many misconceptions present on the Internet and in our society about immunizations. Those who advocate that they are not needed must not remember the havoc these illnesses caused in families. Some of us who are older do remember. Most of the concerns expressed have been answered by repeated studies, in this country and in Europe. For example, no relationship has been found between autism and the MMR vaccine, in repeated studies. There is definitely no relationship between SIDS and Hepatitis B vaccine. There have been no definite side effects noted with the use of Thimerosal as a preservative in vaccines. (It has now been removed.) When a vaccine shows unacceptable side effects, it is rapidly pulled from the market - as occurred with Rota virus vaccine.

Fortunately most of us have been vaccinated against the most common infections and thereby are protected. However most of us probably need a booster to maintain our protection. For most of us that means receiving a Td booster (Tetanus-diphtheria) about every 10 years. If you become injured and it has been over 5 years, a booster is recommended. Those of us who are older or who have a chronic illness receive a flu shot each

year to try and prevent the illness. Last year the Wellness program gave over 2000 flu shots on the campus and this year we expect to give about 2200 to 2400. Last year for the first time children under 4 years were given the vaccine. Why? Because there are as many hospitalizations for children under 4 years for influenza as there are in the elderly over 65 years.

For those who will be traveling over seas this year immunizations need to be a part of your preparation. If you are going to a developed nation, there will be no problem. If you are going to a developing nation, consider getting the additional immunizations against Hepatitis A and Typhoid fever. These vaccines are quite protective and for Hepatitis A vaccine, you will have a life long immunity with just 2 injections. Typhoid requires a booster every 3 years. If you are going to a tropical country, consider the Yellow Fever vaccine and Malaria prophylaxis. Yellow Fever vaccine is fairly benign, as concerns side effects, and is protective for 10 years. There is no vaccine yet for Malaria. Malaria prophylaxis requires the taking of an oral medication once a week beginning a week or two before leaving home and for 4 weeks after leaving the visited area. The medication is expensive. Other vaccines such as Hepatitis B and Cholera may be optional. Cholera is not recommended because it is only 50% effective. Hepatitis B vaccine is recommended if you are a health worker or might be injured. The Hepatitis B virus is transmitted through IV drugs, promiscuity or blood transfusions, so that would not involve most of us. (With this vaccine, we offer a free consult with your Bishop.) Lastly there are other vaccines that would be suggested depending upon the countries you would be visiting, ie Japanese Encephalitis vaccine, Meningococcal vaccine.

Fortunately, because of vaccines, society is protected and most of us live healthy lives. Yet there are other areas where disease is prevalent and new vaccines are being developed. For example there is research on a new flu vaccine that will give us protection for many years. By giving this to the young, a herd immunity may be developed and all others in society will then be protected. A vaccine is being developed to treat Insulin-dependent Diabetes and another to treat Multiple Sclerosis. New vaccines are being researched to treat those experiencing some forms of Rheumatoid arthritis and for Group B Streptococcal disease in pregnant women. New vaccines to clear age old diseases. Isn't it marvelous what the Good Lord has given us to make our lives more enjoyable and more healthy.

(For those traveling for BYU, immunizations and travel information is offered at the Student Health Center.)

BYU Health Fair

Wednesday, October 24, 2001

10:00 a.m. to 4:00 p.m. WSC Garden Court



- Food
- Prizes
- Y-Be-Fit
- Red Cross
- Mountain Bike drawing
- American Cancer Society
- American Diabetes Association
- National Association to Prevent Blindness
- Other Health Information

CHOLESTEROL SCREENING-

BONE DENSITY SCREENING

- If you missed the last cholesterol screening in September or the bone density screening in June, you have another chance. For more information and to register for an appointment online go to www.byu.edu/wellness or call 8-5884.



W alktoberfest

Friday, October 26, 2001

11:45 a.m. to 1:00 p.m.

Register during the first half hour at the Quad between the SFH and the RB.



3K Fun Walk
You'll Feel Great!
Bring your friends.



Join the Fun!
Food, Prizes, T-shirts
Enjoy the fall colors.

Flu Shot s

Avoid the flu this season by getting a flu shot!
Register for an appointment online at:
www.byu.edu/wellness or call 8-5884.



Oct 29 WSC Garden Court
Oct 30 WSC Garden Court
Nov 1 WSC 3228
Nov 2 WSC 3290

Nov 5 SHC 2010
Nov 6 SHC 2010
Nov 8 SHC 2010
Nov 9 SHC 2010

Times for all of the listed dates are from 9:00 a.m. to 4:00 p.m.