



# Healthy Focus

## **+** Talking to Your Doctor

It is important to be an active participant during your doctor's visit. Consider these tips to make your visit more effective:

**Preparation** - Prior to seeing your physician, list out any symptoms you are experiencing, when they started and what relieves them. Prepare a list of your concerns, emergency contacts, allergies, current vitamins, medicines and herbs.

**During your visit** - Your diagnosis, prescription and other information your doctor shares during your visit can be overwhelming. To ensure you can refer to the information later, take notes and consider bringing a close friend or family member to your visit.

**Takeaways** - Be sure you fully understand what your doctor advises you to do. This could be how and when to take your medication, any activities you should avoid and what to do if your symptoms continue or worsen.

These tips help your physician to diagnosis your health issues more efficiently, getting you back on track to a healthier you!

*Source National Library of Medicine*



Arthur J. Gallagher & Co.

## Vaccination Nation

Our best defense against preventable and possibly deadly contagious diseases are vaccines. This preventive measure is from the collaboration of many agencies, including but not limited to the Centers for Disease Control and Prevention, the FDA, the National Institutes of Health and the World Health Organization.

### How are vaccines effective?

Despite progress in the medical field, many people continue to be under-immunized. These children, adolescents and adults are vulnerable to disease and leave the potential for outbreaks to remain. How does this happen?

When a critical portion of the community is vaccinated for a specific disease, it is less likely to spread throughout the population. As it is confined to the infected person, those unable or not healthy enough for vaccines are protected against the disease. This includes infants and pregnant women. A situation arises if too much of the community is under-immunized, as the disease can spread more rapidly and affect more of the population. Providing our population the peace of mind through immunity protects those that are unable or too weak to overcome the vaccination. So next time you are considering not getting the vaccine because you might not need it, remember that others rely on you.

### Who shouldn't get vaccinated?

It is important to understand who should not get vaccinated. Age, health conditions and other factors should be considered by your healthcare professional to determine if they are right for you. However, you should not make the decision to not get immunized for fear of adverse events, as they are often minor and subside within a few days. If you do experience a side effect, remember to report your incident to the CDC. These scientists continuously monitor trends of all vaccines side effects to stay informed of any potential problems.

### How do I know I need it?

Keep you, your family and your neighbors safe from preventive, contagious diseases by staying up to date with your vaccines. Remember, vaccinations require you to be healthy. Do not wait until you feel sick to get your shot!

*Source: Vaccines.gov*

## Did You Know?

Vaccines aren't only for children! Adults need boosters for tetanus and pertussis, and should consider getting an annual flu shot.

*Source: Health.com*

## + MedicAlert Awareness Month

It should be no surprise that timely and accurate information is vital in times of medical emergencies. To bring attention to the tools that provide such information, August is designated as MedicAlert Awareness Month. This non-profit organization's mission is to protect and save lives by serving as the global information link between members and emergency responders.

### What is MedicAlert?

Emergency medical technicians and first responders are taught very early in their training to locate and identify medical identification tags. These tags can be worn as a necklace, bracelet or on top of your clothes. The medical identification tag's red emblem provides quick recognition of medical conditions, allergies or medications to aid emergency respondents in diagnosis and treatment.

Thanks to recent technology, MedicAlert's original bracelet has transformed over the past 50 years to tell more than an individual's condition. Today, medical ID tags house a USB, allowing people to carry their complete personal health records at all time, on their person. This provides more detailed, instant information to emergency respondents, allowing them to determine the right treatment quickly and effectively.

### Who needs it?

About one in every five people has a special medical need. If you or someone you know has a medical condition that is not easily seen or recognized, you should consider using MedicAlert for easy identification. Common conditions include diabetes, severe allergies,

blood thinners, adrenal insufficiency, epilepsy, autism, pacemakers or other medical devices.

### When are they important?

For being so tiny, the significance is larger than life. Often times, tragic and even fatal mistakes occur when emergency medical technicians overlook an individual's special needs. When a medical emergency arises and the individual is unconscious or in shock, the MedicAlert tag can speak for them. With the individual's medical needs and conditions clearly identified, diagnosis and treatment can start quickly and without additional complications.

MedicAlert identification can be the difference between life and death for individuals with special conditions. These identification tags can be purchased at your local pharmacy and other retail stores.

*Sources: MedicAlert.org*

## Safety Corner: Crime Prevention

Being the victim of a crime is scary and can become a life altering experience. You can reduce the likelihood of being a victim of criminal activity if you take away the opportunity. Here are some strategies to help prevent being a victim of a crime.

### While Walking

- If anyone follows you, look confident and let him or her know you are aware of their presence. Don't be polite or engage in conversation.
- If they continue to follow you, cross the street and/or change directions.
- If this doesn't work, walk toward other people or occupied buildings and stay away from places where you might get cornered.
- If someone in a car follows you and is persistent or becomes obscene,

write down the license number and report it to the Department of Public Safety and police as soon as possible.

### While Driving

- Make sure all of the car doors are locked when you leave your vehicle.
- When returning to your car, have your keys ready so you can enter your car quickly and be aware of your surroundings. If you have to take the time to find them, you lose sight of what is around you, which could allow someone to sneak up on you.
- As you approach your car, look underneath to make sure no one is hiding there. Before you enter your car, look to see if all of the doors are locked or if there are any uninvited passengers in the back seat or on the floor.

### Working Late

- Let someone know where you will be working and when you anticipate returning home. Make sure your family and friends know the work number where you can be reached. Call when you reach your workstation and once again just before leaving to go home.
- Carry your keys and access cards in your hand when you are approaching the appropriate doors, keeping them readily available.

*Source: ncp.org*

