



HEALTHY TODAY

www.communityhealthdayton.org

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THE CHILDHOOD VACCINE SCHEDULE: WHY IS THERE ONE AND WHO DECIDES?

Each year, top disease experts and doctors who care for children work together to decide which vaccines to recommend that will best protect U.S. children from diseases. The schedule is evaluated each year based on the most recent scientific data available. Changes are announced in January, if needed.

How are the timing and spacing of the shots determined?

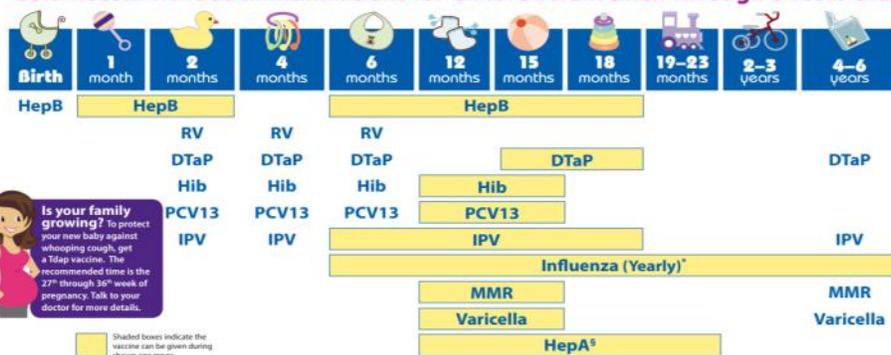
- ⇒ First, scientists determine the age when the body's immune system will provide optimal protection after vaccination. Second, that information is balanced with the need to provide protection at the earliest possible time based on the highest age of risk for that disease.

Can the shots be spread out over a longer period of time?

- ⇒ First, you would not want your child to go unprotected that long. Of all age groups, young babies are hospitalized and die more often from the diseases we are trying to prevent with vaccines, so it is important to vaccinate them as soon as possible. Second, the recommended schedule is designed to work best with a child's immune system at certain ages and at specific time intervals between doses. There is no research to show that a child would be equally protected against diseases with a different schedule. Also, there is no scientific reason why spreading out the shots would be safer.

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Recommended-Immunization-Schedules.aspx>

2019 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day! To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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GET TESTED: IT COULD SAVE YOUR LIFE

Like the flu, colorectal cancer can be prevented and treated most successfully when it's found early.

If you're 50 or older, talk to your health care provider about getting screened for colorectal cancer.



- ◇ Colorectal cancer is one of the leading causes of cancer death in men and women, yet it can often be prevented or found at an early stage, when it's small and easier to treat, with regular screening.
- ◇ Preventing colorectal cancer or finding it early doesn't have to be expensive. There are simple, affordable take-home tests available. Get screened. Talk to your health care provider today.
- ◇ Facts about take-home tests (FOBT or FIT kits) for colorectal cancer screening:
 - ◇ They are done at home and mailed into the lab.
 - ◇ They work by detecting small tiny amounts of blood that can come from colon polyps or early stage colorectal cancer
 - ◇ If done every year, they can help find polyps and cancers before they become life threatening.
 - ◇ If you choose to get a FOBT or FIT instead of a colonoscopy for initial screening, you need to use an FOBT or FIT test kit every year, just like a flu shot
 - ◇ If the FOBT or FIT results are abnormal, you need to get a colonoscopy.



SAVING LIVES THROUGH CANCER PREVENTION

The HPV vaccine is cancer prevention.

Nearly all cases of cervical cancer are caused by infection with high-risk types of human papilloma virus (HPV). The virus also has been linked to cancers of other areas of the body as well. Each year in the US, an estimated 30,700 men and women will receive a diagnosis of cancer caused by HPV.

The HPV vaccine is cancer prevention. It prevents infection by virus types that cause the vast majority of these cancers and genital warts. The vaccine is most effective when given before age 13 to achieve the best immune response, and it provides the most complete coverage against cancer-causing strains of HPV. That's why the American Cancer Society recommends that boys and girls get the HPV vaccine at age 11 or 12.

Cervical Cancer

Just the tip of the iceberg.

Even with screening, HPV causes **10,800** cases of cervical cancer each year in the U.S.

Source: <https://www.cdc.gov/cancer/hpv/statistics.htm>

Cervical Precancers

While cervical precancers are routinely screened for, these precancers may require invasive testing and treatment.

Source: Hobbins D, et al. Int J Cancer. 2017 Mar 1;140(5):1215-1222.

AMERICAN CANCER SOCIETY RECOMMENDATIONS

HPV Vaccination:

- Girls and boys should begin the HPV vaccine series at age 11 or 12. The vaccine can be given starting as early as age 9.
- Girls ages 13-26 and boys ages 13-21 who have not been vaccinated or who have not completed the series should still get vaccinated. Men ages 22-26 may get the vaccine. Getting the HPV vaccine at older ages is less effective in lowering cancer risk.
- Women who have been vaccinated should continue to follow cervical cancer screening recommendations.

NUTRITION BITES!

A LOW-CARB DIET: CAN IT HELP YOU LOSE WEIGHT?

Could a low-carb diet give you an edge in losing weight? Help you keep weight off permanently? Here's what you need to know about the low-carb diet.

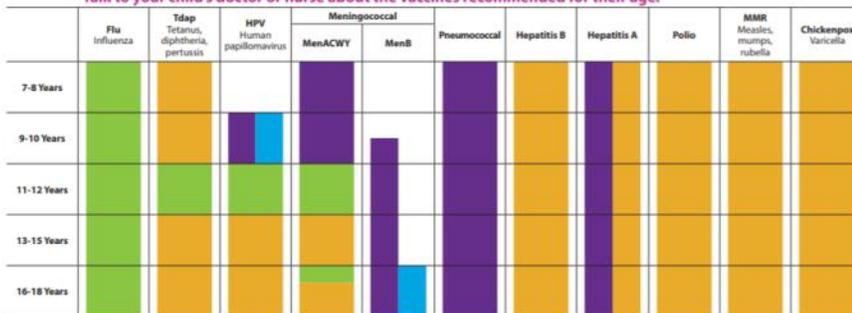
- ⇒ Most people can lose weight if they restrict the number of calories consumed and increase physical activity levels. To lose 1 to 1.5 pounds a week, you need to reduce your daily calories by 500 to 750 calories. Low-carb diets, especially very low-carb diets, may lead to greater short-term weight loss than do low-fat diets. But most studies have found that at 12 or 24 months, the benefits of a low-carb diet are not very large.
- ⇒ If you suddenly and drastically cut carbs, you may experience a variety of temporary health effects, including: Headache, Bad breath, Weakness, Muscle cramps, Fatigue, Skin rash, Constipation or diarrhea
- ⇒ In addition, some diets restrict carbohydrate intake so much that in the long term they can result in vitamin or mineral deficiencies, bone loss and gastrointestinal disturbances and may increase risks of various chronic diseases.
- ⇒ It's not clear what kind of possible long-term health risks a low-carb diet may pose because most research studies have lasted less than a year. If you eat large amounts of fat and protein from animal sources, your risk of heart disease or certain cancers may actually increase.

⇒ If you follow a low-carbohydrate diet that's higher in fat and possibly higher in protein, it's important to choose foods with healthy unsaturated fats and healthy proteins. Limit foods containing saturated and trans fats, such as meat, high-fat dairy products, and processed crackers and pastries.

INFORMATION FOR PARENTS

2019 Recommended Immunizations for Children 7–18 Years Old

Talk to your child's doctor or nurse about the vaccines recommended for their age.



More information: Everyone 6 months and older should get a flu vaccine every year. All 11-through-12-year olds should get one shot of Tdap. All 11-through-12-year olds should get a 2-dose series of HPV vaccine. A 3-dose series is needed for those with weakened immune systems and those who start the series at age 16. All 11-through-12-year olds should get one shot of meningococcal conjugate (MenACWY). A booster shot is recommended at age 16. Teens 16-18 years old may be vaccinated with a meningococcal meningococcal (MenB) vaccine.

- These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.
- These shaded boxes indicate the vaccine should be given if a child is catching up on missed vaccines.
- These shaded boxes indicate the vaccine is recommended for children with certain health or lifestyle conditions that put them at an increased risk for serious diseases. See vaccine-specific recommendations at www.cdc.gov/vaccines/imz/parents.html.
- This shaded box indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.



<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/low-carb-diet/art-20045831>

Delicious & Nutritious

HONEY MUSTARD RED POTATO SALAD

This summer cookout star is crunchy-delicious with a light, refreshing, zesty dressing!

3 pounds baby red potatoes, unpeeled
1/2 teaspoon sea salt
2 green onions
1 cup finely diced celery
1/2 cup diced red onion
1 medium carrot, grated
1/4 cup red wine vinegar
2 tablespoons honey
2 tablespoons Dijon mustard
2 teaspoons minced fresh thyme
1 teaspoon sea salt
1/2 teaspoon coarsely ground pepper
1/2 cup extra virgin olive oil



- ⇒ Place potatoes and 1/2 teaspoon salt in a Dutch oven or large pot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 10-12 minutes. Drain and cool.
- ⇒ Mince white portions of green onions; slice green portions and reserve. Combine minced onions with celery, red onion and carrot. For dressing, whisk together vinegar, honey, mustard, thyme, sea salt and coarsely ground pepper. Gradually whisk in oil until blended.
- ⇒ Cut cooled potatoes into 1-inch pieces, preserving as much peel as possible. Combine potatoes with onion mixture. Drizzle dressing over salad; toss to coat. Top with reserved green onion slices.
- ⇒ Makes 16 servings. Serving size: 3/4 cup.

https://www.tasteofhome.com/recipes/honey-mustard-red-potato-salad/?_cmp=top10n1&_ebid=top10n17262019&_mid=293254&ehid=4FD568702F9B49ED2F037B741CC1197018E6BFAE&os_eshash=4FD568702F9B49ED2F037B741CC1197018E6BFAE

Nutrition Facts

3/4 cup: 138 calories, 7g fat (1g saturated fat), 0 cholesterol, 233mg sodium, 19g carbohydrate (3g sugars, 2g fiber), 2g protein. **Diabetic Exchanges:** 1-1/2 starch, 1-1/2 fat.

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

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2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

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