

Immunizations Work

LOU ANN GOOD

Lancaster Farming Staff

EPHRATA (Lancaster Co.) — "The risk of severe neurological damage or death is much greater from the illness itself than from immunization," said Dr. Norman Fienman at the Lancaster County Immunization Coalition dinner.

To reinforce the need to protect children from childhood illnesses, Fienman showed slides of children who contracted diphtheria, tetanus, pertussis, measles, mumps, rubella, and other illnesses that can be prevented through immunizations.

The graphic pictures showed children with distended stomachs from contracting Hepatitis B, severe skin infections from chicken pox and other diseases with rashes, bulging infected eyes ruined forever from varicella, and feverish children with lasting brain damage.

Members of the coalition are concerned about the complacency toward vaccine preventable

diseases. They work to increase immunization rates through educating primary care providers.

Confusing reports sometimes cause parents and primary care providers to be wary of immunization. But Fienman stressed: "The disease itself is always more dangerous than the shot itself."

He added, "Never expose children to disease in order to build their immunity. A child may have a reaction to the disease and be one of percentage that dies or has severe lasting side effects." Many people mistakenly believe that chicken pox and mumps are mild illnesses, but Fienman himself almost died from complications with chicken pox and showed pictures of children with severe side effects.

"Immunizations are completely safe," Fienman said. He said there is no evidence that immunizations cause debilitating side effects. He believes it is unfortunate that some people blame anything that happens to a child within five years of a shot on the

immunization.

"Immunizations add to the quality of life. It keeps children healthy and saves lives," the pediatrician said.

All children need vaccines. Some vaccines are given by injection and others orally by drops in the mouth.

Vaccines cause the body to make antibodies to help the body fight disease. Some vaccines protect for life, others may need to be repeated.

Before immunizations were available, many diseases reached epidemic proportions and caused brain damage, convulsions, paralysis, liver disease, encephalitis, infections, dehydration, and death.

Immunizations are provided free or at a low cost for children. It is necessary to keep a written record, which is required by state law for school entrance.

For more information, call your doctor, health department, or the National Immunization Information Hotline 1-800-232-2522.



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Lancaster Farming
Antique Center

Coming November 18, new category in Section B!



Zachary Bernhardt, 16 months, stops his whirlwind tour of the Quarryville fairgrounds only for a moment to attempt to get the attention of a disinterested Ayrshire calf. He is the son of Christopher and Minda Bernhardt, Lancaster. Photo by Michelle Ranck

Vaccines Help Protect Your Child

- Measles
Spread through coughs and sneezes.
Symptoms: fever, rash, cough, runny nose, watery eyes.
Possible risks are pneumonia (a lung disease), convulsions, encephalitis (inflammation of the brain), death.
- Mumps
Spread through coughs and sneezes.
Symptoms: fever, swollen cheeks and jaw, swollen glands.
Possible risks are painful swelling of the testicles or ovaries, encephalitis, meningitis (inflammation of the covering of the brain and spinal cord), deafness.
- Rubella (German measles):
Spread through coughs and sneezes.
Symptoms: fever, rash, swollen glands.
Possible risks are Pregnant women may have a miscarriage or stillbirth. Babies may be born deaf or blind, or with heart defects or brain damage.
- Diphtheria
Spread through coughs and sneezes.
Symptoms: sore throat, fever, chills.
- Possible risks are difficulty breathing, paralysis, heart failure, death.
- Tetanus (lockjaw)
Enters the body through an open wound.
Symptoms: headache, fever, irritability, stiff muscles.
Possible risks are difficulty swallowing and breathing, severe muscle spasms, death.
- Pertussis (whooping cough)
Spread through coughs and sneezes.
Symptoms: severe coughing followed by a "whooping" sound.
Possible risks are pneumonia, difficulty breathing, convulsions, brain damage, death.
- Polio
Spread through saliva and feces.
Symptoms: fever headache, stomachache, stiff muscles.
Possible risks are paralysis, difficulty breathing, death.
- Hepatitis B
Spread through blood, saliva, semen and other body fluids.
Symptoms: fatigue, loss of appetite, vomiting, yellow skin or eyes, dark urine.
Possible risks are liver disease, liver cancer, death.
- Hib disease (Haemophilus influenzae type b)
Spread through coughs and sneezes.
Symptoms: fever, fatigue, vomiting, stiff neck.
Possible risks are pneumonia, throat infection, brain damage, meningitis, death.
- Chickenpox
Spread through coughs and sneezes, and by direct contact.
Symptoms: fever, fatigue, rash.
Possible risks are skin infections, pneumonia, encephalitis, Reye's syndrome (affects the blood, liver and brain), death.
- Rotavirus disease-
Spread through contact with feces, a contaminated surface or an infected person.
Symptoms: fever, stomach pain, vomiting, severe diarrhea.
Possible risks are dehydration, death.

~Important warning: On 7/15/99, the Centers for Disease Control and Prevention (CDC) recommended that no child get the rotavirus vaccine (Rv) until more studies were completed. If you have any questions, talk with your health-care provider.

Dietitians Learn About Beef At Denver Conference

DENVER, Colo. — More than 9,500 dietitians and other health professionals had their confidence in beef's nutrition reinforced at The American Dietetic Association (ADA) Food & Nutrition Conference & Exhibition in Denver Oct. 16-19. Beef checkoff-funded programs at the event helped generate tremendous visibility for beef nutrition and the industry's efforts to join with dietitians in promoting healthy lifestyles for Americans.

"This event demonstrated to me that we're getting our message out to dietitians," according to Jay O'Brien, a rancher from Amarillo, Tex., and chairman of

the beef industry's Nutrition & Health Committee.

O'Brien helped staff the beef industry booth at the event and actively communicated with dietitians there, as well as at a special workshop and the ADA Foundation dinner. Other beef producers assisting at the event were Wade Zimmerman, a beef producer from Sugar City, Colo., and chairman of the beef industry's Health Professional Influencers Subcommittee, and Nelson Curry, a beef producer from Paris, Ky., and vice chairman of the Nutrition & Health Committee.

"At the booth we continually

heard positive statements about beef," said O'Brien. "These comments demonstrate that our work is helping turn around dietary perceptions about beef."

The industry's checkoff-funded "Everyday Heroes" campaign was one of the efforts making a significant impression on dietitians at the events. One of programs was a workshop attended by approximately 1,000 professionals called "Women as Everyday Heroes: Understanding and Shaping Their Nutritional, Physical and Emotional Needs Across the Lifecycle." The workshop showed beef as an important solution for women to over-

come key nutrition and physical activity challenges. The workshop featured three members of the beef industry's Council for Women's Nutrition Solutions (CWNS).

A booth at which samples of convenient, microwaveable pot roast were distributed was another checkoff-supported program at the event. At the banquet, the National Cattlemen's Beef Association received the prestigious Corporate Award for Excellence 2000 from the Foundation for the organization's many years of checkoff-funded support of, and work with, registered dietitians, the ADA and the ADA Foundation.

"It was exciting to see the level of enthusiasm that the dietitians had for our products," according to Curry, who says the industry needs to continue to target this audience. "It's through these professionals that we can communicate our message most effectively. We're proving to them that beef is a product that can fit into a healthful diet."

The beef industry's booth at the exhibition featured four stations at which attendees were able to both sample beef and learn about beef industry nutrition efforts. Information about the various nutrition materials available through the beef checkoff was also provided.



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