

# Get the flu shot — not the flu

With fall upon us, the Halton Region Health Department is gearing up for its annual influenza vaccination campaign. This year the campaign will be bigger to offer free influenza (flu) vaccine to all residents of Halton.

The campaign was announced in late July by Health and Long-Term Care Minister Elizabeth Witmer. Vaccination will prevent much of the illness that brought so many to hospital emergency rooms last winter. Therefore, as well as providing protection to those who may transmit the virus to high-risk people, pressures on the health care system should be eased.

The campaign will roll out in two phases. Starting in October, flu vaccine will be available to people at high risk of complications from the flu. While most people with influenza will not become seriously ill, influenza can cause pneumonia and death in people at high risk. High-risk people include:

- everyone 65 years of age or over
- anyone with chronic heart, lung or kidney disease
- anyone with diabetes, cancer, a blood disorder, or an immune problem and
- children and adolescents (aged 6 months to 18 years) treated for long periods with acetylsalicylic acid
- residents in long-term-care settings

## Health Notes

To lower the chance of transmitting flu to those at high risk, vaccine will also be available in October for anyone who works or volunteers in a health care facility and all emergency service workers, i.e., firefighters (including volunteer firefighters), police, and ambulance staff. Everyone else can plan to be immunized after the middle of November when the balance of the vaccine supply becomes available.

Influenza vaccination is the best way to prevent the flu. It can be given at any time during the flu season, typically between October and April, and still be effective. It takes about two weeks for the body to build protection against the flu. Influenza vaccine protects about 70 per cent of people who receive a flu shot. Anyone who has had a shot can still get the flu, but they will be less sick than if they were not vaccinated. In elderly people this vaccine can prevent pneumonia in about six out of 10 people and can prevent death in more than eight out of 10 people. Influenza vaccine

doesn't protect people from colds or other viruses. The viruses that cause the flu change often. That means a new shot each year.

The side effects of the flu vaccine are mild and may include soreness where the shot was given. Some people report a fever and muscle ache within one or two days. The risk of a vaccine causing serious harm is extremely small. Almost all people who get the flu vaccine have no adverse reaction. The viruses in the vaccine are killed, so people cannot get the flu from the vaccine.

Last year, Halton's first confirmed case of influenza was reported in the third week of December. As in other parts of the province, many people in Halton became ill over the holidays and well into January. If you were among the afflicted, you'll remember the symptoms of influenza — fever, headache, muscle aches, stuffy nose, cough and sore throat. You probably spent a few days in bed and it may have taken weeks for you to feel back to normal. You won't want another bout of the flu. Get your flu shot this fall.

For more information about flu vaccination, call the Halton Region Health Department at 825-6060, ext. 7823 (TTY 827-9833).

*Health Notes is prepared by staff of the Halton Region Health Department.*

## Support group held for anxiety sufferers

Are you or someone you know suffering from anxiety or panic attacks?

If so, help is available through a weekly support group. Those in need of help should call TEACH (Teach Empower Advocate for Community Health) at 693-8771.

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## Is your asthma out of control?

According to Canadian guidelines for the treatment of asthma, you or your child's asthma is well-controlled if all of the following are true for you.

You:

- Have symptoms of coughing, wheezing or shortness of breath three or fewer days per week

- Can carry out most desired activities, work and play, without having asthma symptoms

- Wake at night or early in the morning because of your asthma 1 or 0 nights per week

- Have no sudden, severe or unpredictable flare-up
- Need your quick relief medication 3 or fewer times per week.

Common asthma triggers include:

- Allergens such as house dust mites, animal dander, moulds and cockroaches.
- Cold viruses
- Irritants such as tobacco smoke and colognes.
- Poorly treated rhinitis
- Chronic sinusitis

- Poorly treated heartburn.

The most common cause of chronic asthma is allergy, especially to dust mite and animal dander.

First line treatment includes reducing allergen levels in the home through various means such as mattress and pillow encasings and the use of effective dry dusting implements such as Swiffer(tm), which trap allergens instead of stirring them up.

For more information on allergies and asthma, speak to your doctor and contact the Allergy/Asthma Information Association at 1-800-611-7011 or at [www.cadvision.com/allergy](http://www.cadvision.com/allergy).

*This message was prepared in part for the Canadian Health Network ([www.canadian-health-network.ca](http://www.canadian-health-network.ca)) and is brought to you for World Allergy Awareness Day, October 16, by Procter and Gamble.*

## Ear Coning

Ear Coning is best understood as an ancient healing technique that has been passed down from cultures in China, India, Sumeria, Tibet and Egypt. As with many other healing practices, coning has periodically spent time in hiding and today is being rediscovered and understood as an effective preventative measure for stress and pain relief. It is a soothing, painless and non-invasive remedy for removing impacted ear wax.

In an ear coning session, a trained coning practitioner places the narrow end of the cone on the ear opening, ensuring that a good seal is made. The opposite end of the cone is then ignited. The spiraled cone and the burning flame create a gentle vacuum that encourages blood circulation and ear canal cleansing.

The benefits of ear coning are not just removal of excess dirt and wax, improved hearing, vision, taste smell, sharpening of the mental functions and colour perception have been experienced. Coning has helped with detoxifying the sinuses, lymph cleansing, sore throat, earache, swimmers ear, some chronic headaches and allergies. Each person has a different experience, but everyone will agree that ear coning invokes deep relaxation and is a soothing, painless and non-invasive therapy from which both children and adults can gain benefit.

Leila Wills practices massage therapy and ear coning in Milton, ON. She can be reached at (905) 878-4884.



## Tele-Touch looking for volunteers

A simple reassuring phone call can mean the world to a senior or disabled person.

That's the idea behind the United Way's Tele-Touch, a non-profit program currently seeking volunteers to fill demand in both Halton and Hamilton-Wentworth.

The aim of the service is to provide friendly conversation and security — which represents a small but significant step toward helping seniors living on their own continue to do so for as long as possible.

Those with time and caring to spare are asked to call 631-1711 for further details.

## EMS & Body Sculpting



Are you tired of being frustrated with your body?

Would you like to lose those unyielding pounds and inches without starvation or exhaustion? You can! Electro Muscle Stimulation can help you lose up to two dress sizes in five weeks!

At Beverly Hills Weight Management and Nutrition Centres we know that the safest and most effective way for you to control your weight is through a program designed specifically for you. EMS combined with a nutritional guidance program will give you the body shape you've always wanted. The results are dramatic and fast!

### THE MIRACLE OF ELECTRO MUSCLE STIMULATION

Electro Muscle Stimulation has been around for years. These treatments were originally developed over 30 years ago to rehabilitate injured athletes. This method of treatment gives a greater amount of exercise than you could possibly achieve on your own in only forty minutes.

Each forty minute treatment is the equivalent of 9 hours of exercise. Our 32 pad EMS equipment delivers the same intensity as 9

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miles of jogging, 1000 leg lifts, 1000 scissor kicks, 3000 sit ups, and can work up to 15 different muscle groups all in one session!

Enjoy your treatment while relaxing comfortably under a heating blanket in com-

plete privacy. One five-week series of 10 clinical treatments includes individual nutritional counselling, measurements, body fat analysis, and nutritional audio tapes.

Our treatments are excellent for those who are unable to exercise due to injuries such as back or knee pain. It is excellent for clients with degenerative conditions such as arthritis, fibromyalgia, osteoporosis. And for those of us who find it difficult to fit enough exercise into our busy lifestyle. EMS is a great addition to an already existing exercise program, complimenting cardiovascular workouts to give a long lean look to your body.

The miraculous results of our five week Muscle Stimulation Program sounds too good to be true, but true they are!

That body you've always wanted is just a phone call away!



**550 Ontario St. S.**  
**Unit 18, Milton**  
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