

HEALTHY LIVING

Flu vaccine

Not everyone believes flu shots are the best answer

By IRENE GENTLE
The Champion

An initiative to supply free flu shots to everyone in Ontario has been mostly lauded.

But the noise surrounding it has been making Milton resident Nicolette Parant a little queasy.

The free vaccine is an attempt by the Province to stop the flu virus, which routinely jams hospital emergency rooms at its apex, in its tracks.

But as a registered nurse working in Halton and mother of three boys, Ms Parant is asking residents not to buy into the hype.

Make informed choices

Instead, she's lobbying for people to make informed choices on getting the vaccine.

"We shouldn't just all hold out our arms and get the shot," said Ms Parant.

"We should be informed."

"If we're healthy people who eat properly, who get lots of sleep, who exercise, that's a better defense. We should think about getting healthier instead of getting this free."

NICOLETTE PARANT

She argued that healthy people have a built-in immunity to flu bugs.

And those that don't, she said, should work on getting healthier instead of being dependent on a shot.

"If we're healthy people who eat properly, who get lots of sleep, who exercise, that's a better defense," said Ms Parant.

"We should think about getting healthier instead of getting this free."

Evidence says different

But Kathy Blake of the Halton Regional Health Department said flu shots are the best way to keep more people well throughout the flu season, which stretches from October to April each year.

"There's lots of evidence to support getting a flu shot even if you are healthy," said Ms Blake.


"You're less likely to acquire the virus and you're less likely to transmit it."

She said that though healthy people may feel the effects of a virus less than others, they're just as likely to pass it to others.


And children are the most apt to transmit the virus, as they remain contagious for longer periods of time.

Though the flu is just a miserable inconvenience for most, it can be deadly to those with compromised immune systems, such as the frail


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CHIROPRACTORS OF MILTON

HELPING YOU HEAL

Changing Your Quality Of Life - Chiropractic Care For The Elderly



"I'm not looking for the fountain of youth, I just want to be able to enjoy myself again"

You've worked hard all your life to enjoy your golden years, but now these aches

and pains are getting in your way. How many times have you heard "you just have to learn to live with it". This is not always true! For example a 76 year old woman had low back pain that radiated bilaterally from her sciatic nerve down her legs and into her feet. She suffered with the pain for six months before she chose chiropractic as a last resort. Within five adjustments her pain was gone. Her case is typical of many elderly patients. They do not consider chiropractic until they have tried several kinds of health care that may treat the symptoms, but not the cause. Instead, chiropractic should be their first choice. In most cases, it can locate the cause of the problem, provide prevention from

potential health care concerns and improve the older patient's quality of life.

You can get help

Your spine, like the rest of your body, has had its fair share of ups and downs during your lifetime. Unfortunately, like many, your spinal health has probably been neglected and you've set yourself up for breakdown. The stress of daily living (physical and emotional) can result in abnormal spinal alignment, which in turn directly affects your nerve function and ultimately your health potential. Chiropractors term this spinal nerve stress "**Vertebral Subluxation**". This impairment to your overall well being can result in pain and stiffness, symptoms of organ dysfunction and spinal degeneration ("arthritis"). Only chiropractors are trained to detect and correct vertebral subluxation. Through very gentle procedures (termed: **Adjustments**), lasting relief in many cases can be achieved without the use of drugs and/or surgery.

As a person ages, the two most frequent complaints are pain and stiffness, and many of these ailments can be traced to structural problems of the spine. With time the elastic discs and supporting ligaments have lost much of the ability to stretch and move.

Eventually, the muscles which help maintain normal alignment of the spine begin to lose the tone needed to assure balanced movement and proper posture.

Adjustments of the vertebrae between one's shoulders for instance, helps prevent the spine from becoming stooped and bent over. Adjustments in the lower back help keep the arch in this region thus preventing the spine from bending over forward which leads to the use of a cane or "walker". Adjustments of the neck prevent not only pinched nerves but keep the neck free and moveable avoiding the stiffness so often seen in older people.

Chronic conditions such as arthritis, hip and shoulder joint stiffness, constipation, circulatory disorders and high blood pressure are often blamed on the natural consequences of aging. But many times these problems are the result of nerve interference, and can be greatly alleviated with regular spinal adjustments. If the person also maintains mobility, proper nutrition and regular exercise, many of these conditions can be eliminated altogether.

Chiropractic has emerged today as a mainstream healing art. It is much more than a simple technique to relieve aches and pains.

By relieving pressure upon nerves, by correcting subluxations, chiropractors seek to allow the nervous system to function as well as it possibly can. And by keeping the spine mobile and erect chiropractic care helps to prevent the attendant problems of pain and immobility associated with the stiff and bent spine of old age.

Remember: People who care about their bodies take CARE of their bodies. Take care of your body through chiropractic care.



A public awareness program by your local chiropractic association

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