

HEALTHY LIVING

It's National Immunization Awareness Week

It's National Immunization Awareness Week and the Halton Region Health Department offers information on the vaccine issue.

Parents are often concerned about the risks they take by immunizing their children, but

ignore risks taken by not immunizing them, according to the health department.

Vaccines have existed for approximately 80 years.

They work by prompting the body to produce

the same type of immune response that it would if confronted by the actual disease. The body recognizes the virus or bacteria and attacks it before illness occurs.

Health officials say vaccines are safe and seri-

ous side effects are rare.

For more information regarding immunization, talk to your doctor or call the Halton Region Health Department's Communicable Disease Program at (905) 825-6060, ext. 7849.



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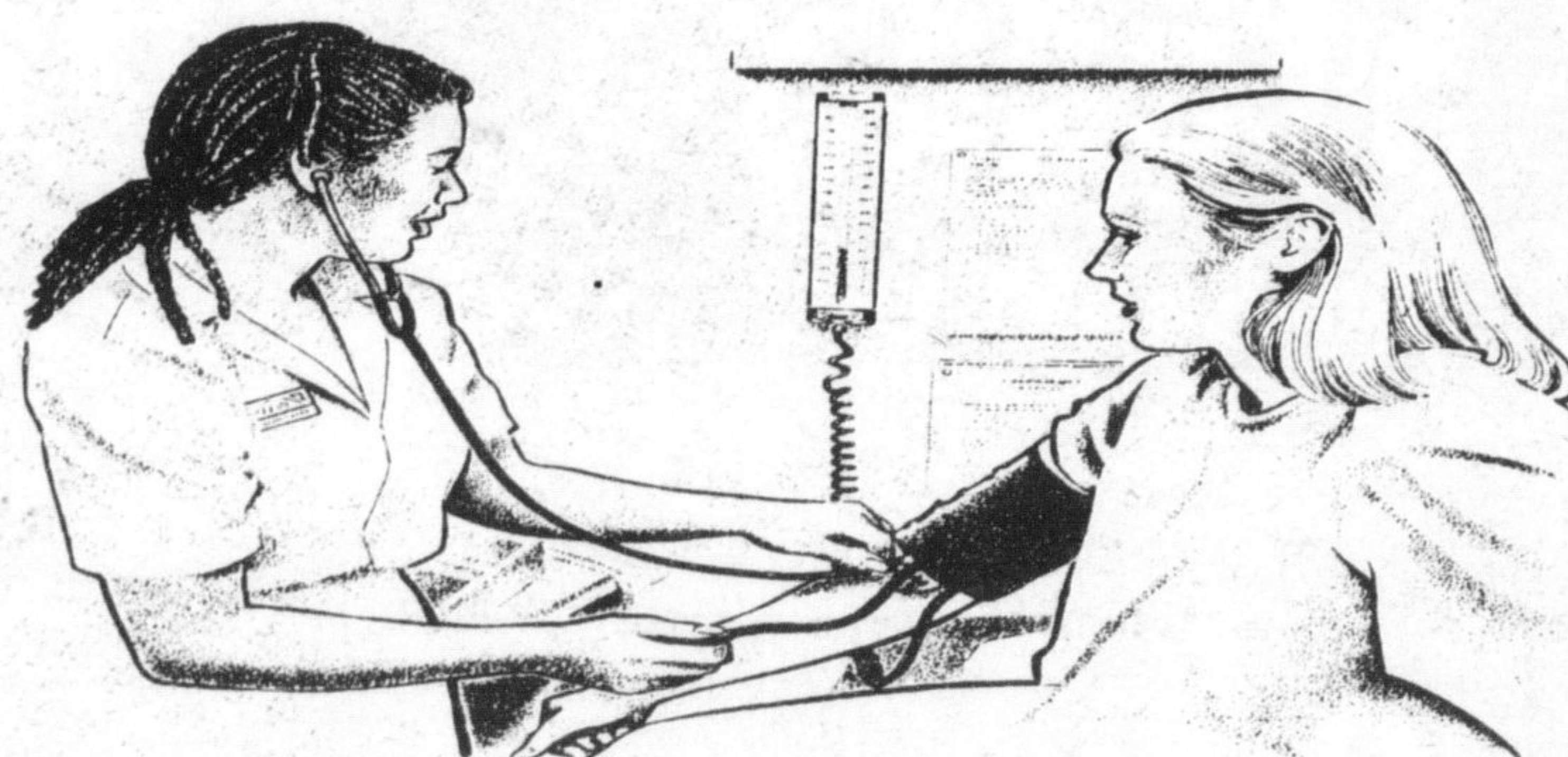
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876-1711

Here are the recommended vaccines for adults: Region

The Halton Region Health Department recommends the following vaccines for adults:

- Tetanus and diphtheria — All adults should receive tetanus and diphtheria shots with combined (TD) booster every 10 years.
- Influenza and Pneumococcus — Persons 65 years of age or older should receive an annual flu shot and, on a one-time basis, a dose of pneumococcal (pneumonia) vaccine.

- Measles, Mumps and Rubella (German measles) — The MMR vaccine is a three-in-one needle that should be given to adults who aren't protected against any of these diseases. Women of child-bearing age who have been told they aren't protected against rubella should receive the MMR vaccine prior to pregnancy.
- Hepatitis B — Adults who haven't had the hepatitis B virus or



who haven't had the vaccine should get vaccinated. The vaccine is recommended for persons at increased risk of exposure to hepatitis B due to their job, lifestyle or environment (health care or emergency service workers, needle users, travellers, etc.).

- Varicella (Chickenpox) — This vaccine is recommended for people who aren't sure whether or not they've had the chickenpox infec-

tion. Adults with chickenpox are more likely to develop severe complications or die from the disease than children are.

Travellers should find out well in advance of their trips if they need any special vaccinations or medications to prevent illnesses such as yellow fever, typhoid, meningitis, polio, Japanese encephalitis, hepatitis or malaria, says the health department.

Try some Olympic activities

Miltonians can try five physical activity events at the Try It Olympics from now until June 22.

The event will be held at the Milton Seniors' Activity Centre

and the Milton Leisure Centre.

The Try It Olympics is free of charge for members of the leisure centre and \$10 for non-members.

For more information, call the

seniors' centre at (905) 875-1681 or the leisure centre at (905) 878-7946, or visit the Halton Region Health Department's Web site at www.region.halton.on.ca/health.

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Beverly Hills: Tailored Programs for Individual Needs.

Bikini weather is quickly upon us.

Some of us look great in a bikini. Some of us don't... some of us (women) never will. Until lately a bikini came in one size! Thankfully that's changing. They are actually making two piece bathing suits again as an option to a one piece.

I remember being twelve years old, looking in the mirror at my ever evolving body quickly outgrowing my little fuzzy purple bikini and thinking there is far too much space between the bottom of my top and the top of my bottom.

With that clear thinking common sense of a girl not yet a woman, I decided that the bikini was not for me. It didn't suit me and it wasn't practical. That lasted about two or three years.

Then I started trying to make my muscle, bones and tissue conform to an ideal - to look good in an item of clothing where I can't tell which is the front and which is the back.

What I came to realize through my work in nutrition, as with other aspects of fitness, we have different body types.

Speaking from a nutritional perspective, your body type may be a result of a predisposition of deficiency. There can be digestive problems which result in bloating, abdominal distention, and weight gain around the upper hips and abdominal region.

There is a hormonal body type where weight distribution takes place in the lower hips and thighs, where this type may experience fluid retention and PMS.

The digestive body type will have slim legs but never experience a flat tummy, while the hormonal type has a flat stomach but feels their hips and legs are too large for their current weight.

Instead of trying to get lower and lower in weight to squeeze into a bikini, it's better to wear a bathing suit that conforms to your shape or corrects any nutritional imbalances that seem to be present.

Healthy bacterial cultures found in plan low fat yogurt help with abdominal bloating. Evening Primrose Oil or extra virgin olive oil contain the essential fatty acids that aid PMS, and hormone production.

Think of it, the bikini made its first appearance on the body of Bridget Bardot in the movie and God Created Woman.

Marion Healy is a registered Nutritional Consulting Practitioner with over 13 years experience in weight loss and nutrition. She is Clinic Director of Beverly Hills Weight Management and Nutrition Centre in Milton & Clarkson Village, Mississauga. For more information contact Marion at 875-2889.

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