Diseases are becoming rare due to vaccinations.

It is true some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare, largely because we have been vaccinating against them but it is still reasonable to ask whether it is really worthwhile to keep vaccinating.

It is much like bailing out a boat with a slow leak. When we started bailing, the boat was filled with water but we have been bailing fast and hard and now it is almost dry. We could say, “Good, the boat is dry now, so we can throw away the bucket and relax” but the leak has not stopped. Before long, we would notice a little water seeping in and soon it might be back up to the same level as when we started.

Keep immunizing until disease is eliminated.

Unless we can "stop the leak" (eliminate the disease), it is important to keep immunizing. Even if there are only a few cases of disease today, if we take away the protection given by vaccination, more and more people will be infected and will spread disease to others. Soon, we will undo the progress we have made over the years.

Japan reduced pertussis vaccinations and an epidemic occurred.

In 1974, Japan had a successful pertussis (whooping cough) vaccination program, with nearly 80% of Japanese children vaccinated. That year, only 393 cases of pertussis were reported in the entire country and there were no deaths from pertussis. Rumors began to spread that a pertussis vaccination was no longer needed and the vaccine was not safe.

By 1976, only 10% of infants were getting vaccinated. In 1979, Japan suffered a major pertussis epidemic, with more than 13,000 cases of whooping cough and 41 deaths. In 1981, the government began vaccinating with a cellular pertussis vaccine and the number of pertussis cases dropped again.

What if we stopped vaccinating?

So what would happen if we stopped vaccinating? Diseases that are almost unknown would stage a comeback. Before long, we would see epidemics of diseases that are nearly under control today. More children would get sick and more would die.

We vaccinate to protect our future.

We do not vaccinate just to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. With one disease, smallpox, we "stopped the leak" in the boat by eradicating the disease. Our children do not have to get smallpox shots anymore because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and meningitis will not infect, cripple or kill children. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

Source:
Center for Disease Control and Prevention
http://www.cdc.gov/vaccines/vac-gen/why.htm

“Expect problems, and eat them for breakfast.”
-Alfred A. Montapert-
Policy Review: Policy 135 Unsafe Office

Policy 135 defines unsafe office conditions and establishes guidelines for the limited use of certain devices in the office environment.

This policy applies to all CTCD employees at all campuses.

Devices which may pose risk of fire including electrical, ignition and combustible material must be eliminated or limited in use with specific safety precautions.

- Candles of any size, shape, or form are prohibited to include those that use a warmer device to release the scent into the air. Plug in air fresheners are also prohibited.

- Plug in air fresheners are prohibited.

- Portable heaters may be used but must be equipped with an auto shut-off switch and plugged into a surge protector and plugged into a dedicated outlet without any other appliances. Must be placed at least 3 feet away from any combustible material.

- Extension cords are for temporary use only and must not be used to power office machines or electronics.

Surge protectors must be used to power office machines. Ensure power stripes include surge protection.

Ensure that there are no excessive papers, boxes or clutter and that all egress routes, including windows, are not blocked.


E-bites July

Safety Corner — Sun Safe

According to the Centers for Disease Control and Prevention and the Canadian government, skin cancer is the most common type of cancer in North America. The main cause? The sun’s dangerous rays. Here’s some advice to keep you sun safe.

Apply sunscreen 15 to 30 minutes before you go outside. Best bet: Choose a broad-spectrum sunscreen with a minimum of SPF 30. Use a generous amount of sunscreen — dermatologists recommend “1 ounce, enough to fill a shot glass.”

Reapply sunscreen every 2 hours and after sweating or swimming, as recommended by the American Academy of Dermatology.

Check if any medications you are taking cause sensitivity to the sun.

Wear specially treated clothing and sunglasses to protect against UVA and UVB rays.

Why Stay Physically Active?

Physical activity increases your chances of living a longer, healthier life. As well as helping you feel your best, exercise can also help:

- Control your blood pressure, blood sugar and weight.
- Raise your HDL (good) cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

Start Slow: Work out for at least 10 minutes at a time. Combine aerobic and muscle-strengthening activities.

Eat for Energy

Refined grains are quickly digested and produce rapid rises in blood sugar and more insulin, raising the risk of weight gain. Whole grains produce slower spikes.

MAKE A GREAT PLATE.

Add protein-rich toppings to turn a salad into a meal.

<table>
<thead>
<tr>
<th>Orange Chicken Salad</th>
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<tbody>
<tr>
<td><strong>Ingredients</strong></td>
</tr>
<tr>
<td>3 grilled, skinless chicken breasts</td>
</tr>
<tr>
<td>2 cups nonfat plain Greek yogurt</td>
</tr>
<tr>
<td>1 tbsp frozen orange juice concentrate</td>
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<tr>
<td>2 tbsp sliced roasted almonds</td>
</tr>
<tr>
<td>2 tsp Dijon-style mustard</td>
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<tr>
<td>1 tbsp chopped orange</td>
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<tr>
<td>1 tsp minced garlic</td>
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<tr>
<td>1 tsp black pepper</td>
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**Directions**

Cut chicken into 2-in. strips. Whisk next 5 ingredients; combine with chicken and pepper. Serve on 4 plates of greens; top with almonds.

Makes 4 servings. Each: 224 calories, 3g protein, 13g fat, 12g carbs, 2g fiber, 121mg sodium.