

WELYN Health Newsletter

December 2012

With the flu making its rounds within the community, the topic of the month is the cold and flu.

This seasonal question is age-old: Is it a cold or is it the flu? While it often feels like you're only choice is to wait and see how sick you get, there are clues to help you differentiate one from the other. The main symptoms of a cold are sniffles, a runny nose and wet sounding productive cough. Flu on the other hand, hits you like a freight train with a high fever, a bad headache and muscle aches. The flu causes severe fatigue; you will be wiped out. Colds usually get better by 1 week at the most but the flu can linger longer.

And while colds and flu is simply a nuisance for most of us, they can be deadly for those with severe asthma or other respiratory problems, or those who are immune compromised.

The Uncommon Cold

The common cold is somewhat of a misnomer. It isn't caused by a single virus. There are over 200 different viruses that cause the "common" cold. Over half of them are a type of virus called the rhinovirus and there are 99 different types of rhinoviruses! All these heterogeneous distinct viruses make it difficult to develop a vaccine to

prevent the cold or even an antiviral drug to combat it.

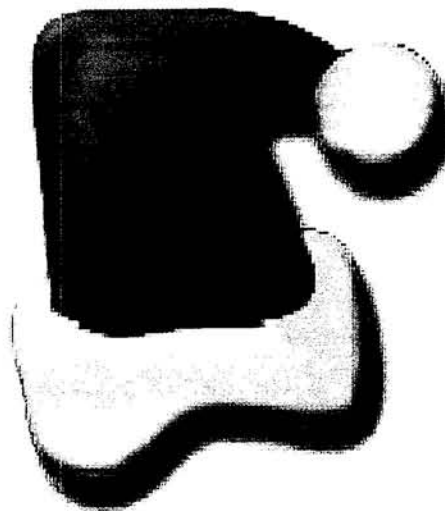
Fighting the Flu

An RNA virus in the Orthomyxovirus family causes the flu. There are 3 main types, Influenza A, B, and C. Humans can be infected with all 3 types of influenza. And even though from year to year the viruses mutate and change through a process called antigenic shift and drift, we still develop new vaccines every year to prevent infection. Occasionally, as seen in last year's

H1N1 outbreak, there is a completely new mutated subtype of the flu virus that causes a pandemic. But our global surveillance system caught it and, even though it took some time and effort, a vaccine was developed for this new subtype of influenza virus.

Prevention Tips

- Good hand washing is key to preventing both colds and the flu. Also, be careful not to touch your face, yes, nose and mouth during this cold and flu season without washing your hands since is how viruses can be transmitted. Cover your sneezes and cough with the inside crook of your elbow (if you don't have a tissue). Throw out used tissues immediately.
- The best way to prevent the flu and any complications that can develop from it,



such as pneumonia, is to get a yearly vaccination.

- As with many diseases and medical conditions, your lifestyle can critically affect your health. So eating healthy is an important prevention technique, as well as being good for your overall health. Bright, colorful fruits and vegetables contain phytochemicals, which have antioxidant properties to boost your immune system.

- Yogurt has probiotics that can strengthen your GI tract's immune system and mucus membranes. It increases the amount of antibodies in your mouth and nasal passage, points of entry for many viruses.
- Green tea contains catechins; antioxidants that help stimulate the immune system's T-cells.
- Cutting your alcohol consumption is also a good idea as heavy alcohol use suppresses your immune system and makes you more susceptible to viruses and secondary complications.
- Lifestyle strategies can also help prevent cold and flu. Try reducing your stress level; natural virus-killing chemicals are released during relaxation techniques, such as biofeedback.
- Massage and saunas have also been found to bolster your immune system and lower your level of cortisol, a stress hormone that decreases immune functions.
- If you smoke, quit. Statistics show smokers have more frequent and severe colds that more often produce secondary complications like pneumonia.
- Regular, moderate exercise releases endorphins and reduces stress and cortisol levels.

- Lastly, keep in touch with friends and families. Research shows people with close ties to their loved ones were less susceptible to colds than socially isolated individuals. (*dr.oz.com*)

Happy Birthday to You!!!!

Sharon Shabaquay	Dec. 2
Tim Gardner	Dec. 2
Pam Wetelainen	Dec. 2
Brett Esquega	Dec. 2
Melissa Morrison	Dec. 6
Michaela Morrison	Dec. 6
Emma Derosier	Dec. 14
Marlene McLeod	Dec. 16
Mary Rose Pitchenese	Dec. 17
Shiela Chief	Dec. 20
Mildred Mills	Dec. 28

Recipe of the Month Peppermint Meltaways

What U Need!

- 1 cup of butter, softened
- ½ cup of confectioner's sugar
- ½ teaspoon peppermint extract
- 1 -1/4 cup all purpose flour
- ½ cup cornstarch
- Frosting
 - 2 tablespoons butter, softened
 - 1-1/2 cups confectioner's sugar
 - 2 tablespoons 2% milk
 - ¼ teaspoon peppermint extract
 - 2-3 drops red food coloring, optional
 - ½ cup crushed peppermint candies

What 2 Do!

- In a small bowl, cream butter and confectioner's sugar until light and fluffy. Beat in extract. Combine flour



and cornstarch; gradually add to creamed mixture and mix well.

- Shape into 1 inch balls. Place 2 inches apart on ungreased baking sheets. Bake at 345o for 10-12 minutes or until bottoms are lightly browned. Remove to wire racks to cool.
- In a small bowl, beat butter until fluffy. Add the confectioner's sugar, milk, extract and food coloring if desired; beat until smooth. Spread over cooled cookies; sprinkle with crushed candies. Store in an airtight container. Yield: 3-1/2 dozen.

Thank U's

- To the health staff and volunteers for the addictions week long events.

Weird but True Health Fact

If saliva cannot dissolve something, you cannot taste it. In order for foods, or anything else, to have a taste, chemicals from the substance must be dissolved by saliva.

(Your daily dose of health.com)

Eco- Living Tip

Add insulation around water heater to help it maintain the correct water temperature and to reduce the energy it takes to heat the water.

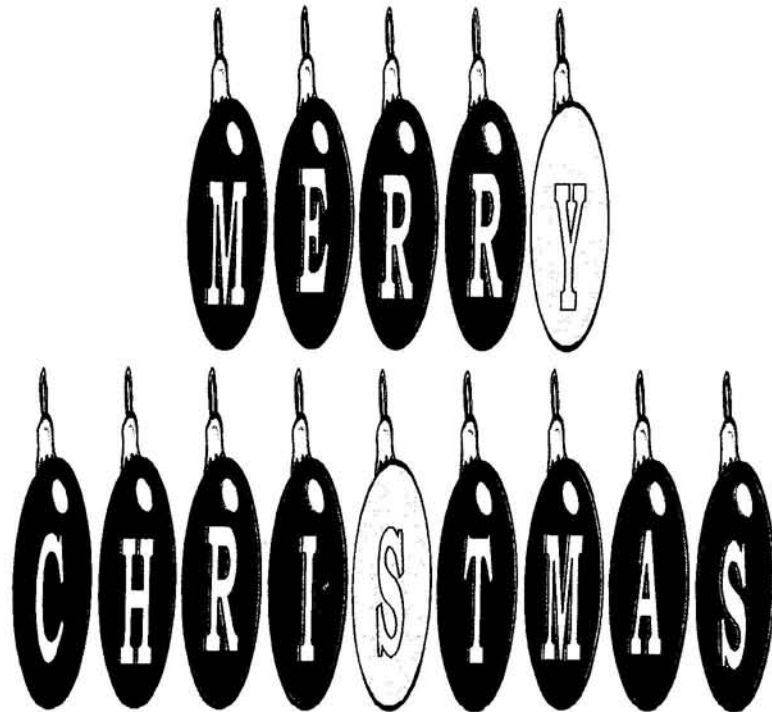
FYI.....

- School Christmas Concert – Waabhski Penasi – 1 p.m. – December 19th

Quote of the Month

Older people shouldn't eat health food; they need all the preservatives they can get.

- Robert Orben



December 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Food Bank	4	5 Movie Night 6:30-9:00 pm <i>Ojibway Language Night 5-7 pm</i>	6 Open Gym 4-6 pm	7	8
9	10	11	12 <i>FHT Health Clinic 10-2</i> Ojibway Language Night 5-7	13 Diabetes Support Group <i>Fun Night 4 Kids - Gym, supper & a movie 4-8 pm</i>	14	15
16	17 Head lice check @ school <i>Food Bank</i>	18 Hampers for community	19 School Concern 2 1 p.m <i>Elder's Supper Night 4-7 pm</i>	20 Ojibway language Night 5-7	21	22
23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					