## Kids are not the only ones that need immunizations

If you think vaccines are just underlying chronic diseases. for kids, think again!

Grown-ups need to be immunized too. Adults need the Consider these sobering facts: protection that only vaccines can give to keep them on the go - and the many blessings of life in the Sunflower state.

survey released last month show vaccines they need. Foregoing the full range of doctor-recommended vaccines, these adults are making themselves - and those around them - vulnerable to serious infections.

Throughout America, we are doing better this year than ever before in seeing that young children receive all the vaccines they should, said Dr. Eberhart-Phillips, Kansas State Health Officer and director of health in each year the Kansas Department of Health and Environment. More than 90 percent of preschool children now receive most of the vaccines that pediatricians recommend, and killers of children have virtually disappeared as a result.

But the picture is not so rosy for adults, he said.

Nowadays, more than 95 including the value of time lost women have gotten the shots. from work.

hospitalizations in a moderately earlier in life. Often a case of still isn't happening for a third months or years. of persons over 65 years of age

But adults today need more vaccines than a yearly flu shot.

 Unimmunized adults now account for nearly half of the out of the hospital - as they enjoy million-plus whooping cough cases occurring each year in the United States. Whooping cough, But results of a large national also known as pertussis, has become epidemic in many states that most adults aren't getting the and threatens to erupt in Kansas this winter.

> While adults rarely die from whooping cough, they are often responsible for exposing babies to pertussis bacteria. Infants too young to be fully immunized themselves are at high risk of death from exposure to pertussis, as was the case for a 2-month-old Kansas child who died from the disease last year.

• About 41,000 adults suffer from invasive pneumococcal disease, leading cause of communityacquired pneumonia. Nearly one in eight of these adults will die from the disease, but only about many of the leading infectious two-thirds of adults over 65 years of age have gotten themselves protected by receiving a single, one-time dose of pneumococcal vaccine.

• More than 6 million women percent of the 50,000 Americans are infected each year with who die each year from vaccine- human papillomavirus (HPV), the preventable diseases are over major cause of cervical cancer. 18 years of age. Hundreds of Approximately 70 percent of thousands of other adults are these cancers are preventable with hospitalized because of these the vaccine, given in three doses infections every year, at a to women under age 26 years. cost well over \$10 billion, not But fewer than one in five such

• More than 1 million older Influenza, which can be Americans suffer each year prevented with an annual dose of from shingles, a painful rash that vaccine, causes the single largest results from the reactivation of burden - more than 200,000 the chickenpox virus acquired severe season. Uptake of shingles will trigger a postinfluenza vaccine is improving, herpetic neuralgia, a debilitating but routine flu immunization pain syndrome that lasts for

The vaccine against shingles risk, younger adults who have 60 years of age, but barely half the vaccines you need?



of adults know about the vaccine, and just 10 percent of eligible Americans have received it.

**Improving vaccination rates** What can be done to improve

vaccination rates among adults? Clearly, doctors and other health care providers need to play an active role in promoting adult immunization, committing whenever possible to make vaccines easily available for their adult patients. One recent survey found that 87 percent of adults would accept vaccination if their doctor recommended it, while only 41 percent said they would ask to get a vaccine if their doctor did not mention it.

Another need is for greater public awareness. Fully 40 percent of adults in another recent survey believed that because they had received vaccines during childhood they did not need them again. A third of the respondents said they weren't too concerned about catching the diseases that vaccines prevent, and an almost equal number said they had read or heard that adult vaccines are not safe.

Make no mistake about it: Immunization is an important part of a healthy adult lifestyle. The diseases that vaccines prevent in adults are serious and sometimes deadly. And the vaccines approved for use in adults have all been proven to be safe and effective for the whole population, excluding those few with valid medical contraindications.

Is today the day you will see or nearly two-thirds of high- is recommended for people over your health care provider to get



## De-icer not a traction provider

De-icer does not provide the leave slick spots or slush behind - landscape. Or, snow melt and rain traction needed to walk safely on slick sidewalks.

"The traditional way to create traction is to scatter cinders or sand. But, some homeowners are now using natural-clay kitty litter instead. Others are feeding the birds while providing traction by sprinkling cracked corn or bird seed." said Ward Upham, horticulturist with Kansas State University Research and Extension.

Each of these options has its pros and cons, Mr. Upham said. But, none works as well as getting out the shovel and removing snow and ice as soon as a winter storm subsides.

De-icer can be helpful as part of that removal -- particularly if applied before the storm or after the snow's been moved out of the way. De-icers' basic purpose is simply to "break" the bond between ice and pavement, usually by causing the ice to melt, he explained. In general, the thinner and newer the ice, the better

a traction provider only if you get stuck in the edges of your months later."

hazardous," Mr. Upham said. "If so, you may want to make people leave their shoes at the front door.'

Slush itself contains ice, but if it's loaded with de-icer, it also may be rather slimy. In turn, when the slimy stuff comes indoors on shoes, it may create interesting spots that dry and leave chemical residues.

Of course, walkers will track traction-adding materials, as well, he said. And, once indoors, cinders can stain fabrics. Sand can be difficult to clean up completely, plus it can abrade rugs and floors. Scattered, damp kitty litter can be a sticky

How big a nuisance that becomes, however, relates to a second problem with traction-providing materials: Homeowners tend to forget to sweep up and throw them away as soon as the current need for them is gone.

"When you leave such materials on your sidewalk, they end up in "You need to follow up with one of two places," he said. "They

either of which can make walking take them into your street's gutter, down into the storm drain system and out to a nearby natural body of water. There, they become a spacefilling pollutant."

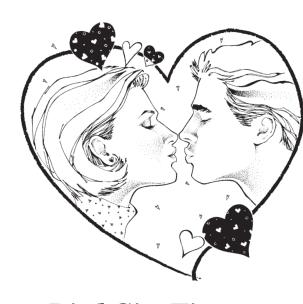
> The materials stuck in landscape edges can be a problem, too. Sand can build up to create a layer that interferes with rooting or, if mixed with clay soils, can create dirt that's a lot like concrete. Adding cinders will raise the soil's pH -- which may already be high where limestone abounds. Bird seed can sprout into "out-of-place plants," the very definition for weeds.

"Mistakenly using de-icer to provide traction can be worse, though," Mr. Upham warned. "You don't want to use any more de-icer than absolutely necessary around your landscape. Limited use of any of these products should cause little injury. But a buildup of deicer chemicals can injure the plants and grass growing along walks and driveways. It also can pit concrete – an impact you may not notice until

## Cheyenne County's "Sweetheart Gouple"



Albert and Bessie Burr receives an arrangement from Prairie Rose Floral Co.



Bird City Times The Saint Francis Herald
310 W. Washington & St. Francis & 785-332-3162

**Prairie Rose** 

Floral Co.

116 E. Washington 📽 St. Francis 785-332-3400



120 E. Washington € St. Francis € 785-332-2064









**Uptown Meat** Market & Deli

**Downtown St. Francis** 785-332-2774 Hwy. 36 & Benton Str. & St. Francis







Help Is Just Around The Corner