Don’t Forget That Flu Shot

Are you wondering whether you should get a flu shot this year? If you’re old enough to read this, the answer is yes.

Doctors recommend a flu shot for everyone ages 6 months and older. If you are likely to be around children younger than 6 months, it is especially important that you get the vaccine.

That’s because even though infants have a high risk for serious flu, they’re too young to be vaccinated.

The Centers for Disease Control and Prevention (CDC) has announced the three influenza viruses included in the 2011-2012 seasonal flu vaccine. According to the CDC, the influenza viruses are the same ones chosen for last year’s flu vaccine. That includes the 2009 H1N1 virus.

If you’re thinking last year’s virus will protect you this year, though, you’re out of luck. Immunity decreases over time, so you’ll need a new shot.

The best time to get your shot is September or October. But it’s never too late. Getting a shot later in the flu season, which lasts until March, can still protect you.

The vaccine starts to work in about two weeks. Although it doesn’t provide 100 percent protection, it greatly reduces your chances of getting sick. And if you do get sick, your symptoms will probably be less severe.

If you do get the flu, call your doctor within two days and ask if you could be prescribed an antiviral drug.

FLU CLINICS OFFER CONVENIENT HOURS

Cannon offers a number of flu clinics open to the public. The cost of the vaccination is $30, cash or check only, or we will file Medicare Part B (must present card.)

Children ages 3 and older will be vaccinated only at clinics at the hospital. To find out more, contact Cannon’s Wellness Department at 864-898-1355.

In addition to flu shots, pneumonia shots will be available for anyone ages 12 and up for $65. Community clinics include:

- **Easley Senior Center**
  - Sept. 12 • 9 to 11 a.m.

- **Six Mile Town Hall**
  - Sept. 13 • 9 to 11 a.m.

- **Pickens Senior Center**
  - Sept. 16 • 9 to 11 a.m.

- **Liberty Senior Center**
  - Sept. 21 • 9 to 11 a.m.

- **Pickens Flea Market**
  - Sept. 28 • 7:30 to 11:30 a.m.

- **Cannon Hospital Outpatient Area**
  - Oct. 5 • 8 to 11 a.m.

- **Central/Clemson Rec**
  - Oct. 19 • 7:30 to 11:30 a.m.

- **Cannon Hospital Outpatient Area**
  - November 2 • 8 to 11 a.m.

- **Cannon Hospital Outpatient Area**
  - Dec. 7 • 8 to 11 a.m.
Get Control of Your Stress—and Blood Sugar

You’re running late. Your boss is cranky. The car just died.

Stress can occur daily. But if you have diabetes, stress is more than unpleasant. It can affect your blood sugar levels.

People under stress may be less likely to take good care of themselves, meaning that meal planning and checking glucose levels might fall by the wayside, resulting in poorer blood sugar control. Also, hormones released under stress can directly affect blood sugar levels.

To find out if stress affects your blood sugar levels, rate your stress on a scale of one to 10 and then check your blood sugar. Write down both numbers. After a week or so, look back to see if your glucose levels are higher when your stress levels are higher.

If you can, make changes to sources of ongoing stress. To better cope with sources of stress that you can’t change, follow these tips:

▶ Relax with deep breathing at least once daily.
▶ Exercise on most days of the week.
▶ Take up a hobby.
▶ Seek professional help from a counselor or therapist.

Free Pill Organizer When You Sign Up

Cannon offers diabetes nutrition classes to help you learn the importance of reading food labels and understanding serving size and carbohydrate consumption. Call today to register and receive a free weekly pill organizer. Classes are free, but you must register by calling 864-898-1262. Classes will be held from 10 a.m. to noon on October 13 and November 10 at Cannon Hospital.

HEAVY BACKPACK? LIGHTEN UP!

Does your child sometimes seem to be carrying the weight of the world on his or her shoulders? Maybe you should check that backpack. Overloaded or poorly fitting backpacks can hurt children.

Children can hurt themselves by using poor postures while hefting a heavy backpack. Such postures can skew the spine’s alignment so its disks can’t absorb shocks as they should.

Overloaded backpacks also place stress on muscles and soft tissues. That causes fatigue and strain, increasing the risk of neck, shoulder, and back injuries and even nerve damage. Experts suggest these tips for parents and children:

▶ Pick a lightweight backpack with two wide, padded shoulder straps, a padded back, and a waist strap, which can help spread the load.
▶ Use both straps to spread the weight and promote good posture.
▶ Take care when putting on and taking off backpacks. Avoid twisting too much.
▶ Limit the load to 10 to 15 percent or less of the child’s weight.
▶ Load the heaviest items closest to the child’s back.
▶ Be sure the child isn’t carrying unneeded items.

Ease the Pain

If your child experiences neck or back pain because of an overloaded backpack, physical therapy may be necessary. Cannon offers physical therapy as an outpatient service. Contact us at 864-898-1346 to schedule an appointment.
Having a Mammogram? What to Expect

Experts recommend that all women, beginning at age 40, get a yearly mammogram. So if your time is near, you need to know what to expect.

HOW DO I PREPARE FOR MY MAMMOGRAM?
Mammograms should be performed during the first two weeks following menstruation. Breasts are less swollen and sensitive during that time. On the day of your exam, do not use deodorant, talcum powder, or any ointment or cream on your breasts or underarms. They leave a coating that may be picked up by the X-rays, distorting the mammogram.

WHAT SHOULD I BRING WITH ME?
All patients require a doctor’s prescription. If you have a specific concern, your doctor should write this on the prescription.

WHAT CAN I EXPECT THE DAY OF MY MAMMOGRAM?
You will be asked to undress above the waist, wear a patient gown, and answer a few brief questions about your medical history and risk factors for breast cancer. The technologist may need to examine your breasts to identify any abnormalities that should be imaged.

The mammography technologist will position you in front of the machine. You will be asked to stand for the exam, if possible. Your breast will then be positioned on the mammography equipment and firm pressure (compression) will be applied. The exam may be a bit uncomfortable, but any discomfort will last for less than one minute while the picture is being taken.

WHAT WILL HAPPEN FOLLOWING MY MAMMOGRAM?
There are no restrictions following your exam. Some tenderness of the breast and rib cage may last until the next day, or you may notice temporary discoloration of one or both breasts due to compression.

HOW DO I FIND OUT THE RESULTS OF MY MAMMOGRAM?
Your mammogram will be reviewed by a radiologist. If you have a new concern, have had breast cancer, have breast implants, or have had breast surgery in the past year, the radiologist will check the images while you wait following your appointment. This will take at least 30 minutes. If you are symptom-free and have no history of breast cancer, your images will be read later that day or the next day, and your results will be sent to you in the mail and to your primary care physician.

CANNON MAMMOGRAPHY OFFERS ADVANTAGES
When you get a mammogram at Cannon, you’ll be getting a digital mammogram.

Digital mammography uses the same technique as film mammography, but with the digital method, the image is recorded directly into a computer. The image can then be enlarged, highlighted, or otherwise manipulated.

Women with dense breasts who are pre- or perimenopausal, or those who are younger than age 50, may benefit from having a digital rather than a film mammogram. (Evidence indicates the results for other women are similar with either type of mammography.) Digital mammography may also offer these benefits:

- Long-distance consults with other doctors may be easier because the images can be shared via computer.
- Slight differences between normal and abnormal tissues may be easily noted.
- The number of follow-up tests needed may be fewer.

GET THE REAL STORY: JOIN US FOR GIRL TALK

Only your girlfriends will tell you the truth about things like your hair, make-up and even childbirth. So why should mammograms be any different? Join Cannon Hospital and Verizon Wireless of Pickens and be a part of “Girl Talk.” Stop by the Verizon Wireless store on Main Street in Pickens any time during the month of October and pick up your FREE Girl Talk gift pack. It’s full of goodies and information. It’s your girlfriends’ guide to mammograms: what everyone wants to know, but is afraid to ask. Also register to win the “Girl Talk” grand prize: a smart phone, donated by Verizon Wireless of Pickens. Don’t forget. “The Girls” called and said it’s time for a mammogram, so schedule yours today!

To schedule your mammogram, please call 864-898-1167.
Calendar of Events at Cannon

For a complete schedule of classes, log on to www.CannonHospital.org or call 864-898-1333. Don’t wait to start exercising.

HEARTSAVER ADULT, CHILD, AND INFANT CPR
Pre-registration is required. Cost is $40. October 14, November 11, 9 a.m. to noon

COMMUNITY HEALTH FAIR AT CENTRAL/CLEMSON REC CENTER
Join us for free health screenings, including a strength test, bone density heel scans, and lots of information on programs and services offered in the community. October 19, 7:30 to 11:30 a.m.

FITNESS CLASSES
New eight-week fitness sessions begin October 24. Join us at the Pickens Recreation Facility for fitness classes for all levels. From Zumba® to chair exercise, we have a class that’s right for you. Call 864-898-1331 to learn more or log on to www.CannonHospital.org for registration forms and class schedules.

TRICK OR TREAT TRAIL
Cannon is once again partnering with the City of Pickens to offer safe, family-oriented trick-or-treating on Main Street in Pickens. All children ages 12 and younger who are accompanied by an adult are invited to dress up and trick-or-treat down West Main Street on Saturday, October 29, from 5 to 8 p.m. Dozens of businesses and organizations will be set up to hand out candy. If your business is interested in being a part of the festivities, call Amanda Dow at 864-898-1252.

Did You Know?
Cannon Hospital has the highest-powered magnetic resonance imaging (MRI) system in Pickens County. The Phillips 1.5 magnet is able to create the very detailed images that physicians and specialists prefer. Ask your physician to schedule your MRI at Cannon.

NEW TEST AT WELLNESS WEDNESDAY
The Hb/A1c test, a common blood test used to diagnose type 1 and type 2 diabetes and to gauge how well a patient is managing diabetes, is now offered at Wellness Wednesday for $10. This test does not require fasting for accurate results. Cannon is also offering tetanus shots during Wellness Wednesday.

Want to know when you’re on the go?
View a complete listing of all the discounted and free tests at Cannon’s Wellness Wednesday by scanning the QR tag above using the Microsoft® Tag Reader on your smartphone. To get started, go to the link above to get your free app for your phone. Don’t have a smartphone? Log on to www.CannonHospital.org and click on “Events & Classes.”