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August is National Immunization Awareness Month



We all need shots to help protect us from serious diseases and to help keep our community safe.

Shots can prevent serious diseases like the flu, measles and pneumonia. It's important to know which shots you need and when to get them.

Look at the list below, and talk to your doctor to make sure that everyone in your family gets the shots they need:

- ⇒ **Be sure your kids get their shots on schedule.**
- ⇒ **Pre-teens need to have updated vaccinations too.**
- ⇒ **Boys and girls should get the HPV vaccine.**
- ⇒ **Keep a copy of your vaccination record in a safe place.**
- ⇒ **Get a seasonal flu vaccine every year.**
- ⇒ **Adults should get a Td booster shot every 10 years.**
- ⇒ **Find out if you need extra shots to stay safe while traveling internationally.**
- ⇒ **Adults age 65 and older need to get a shot to prevent pneumonia.**
- ⇒ **If you are planning on getting pregnant be sure you are up to date on your vaccinations to protect you and your baby.**

To learn more about the vaccinations you and your family need visit: www.healthfinder.gov

The electronic cigarette friend or foe?

While smoking hasn't been considered "en vogue" for the past decade simply attend a party or stroll through the city and you will notice the new smoking trend, the electronic cigarette.

Present and former smokers are embracing the new trend, but is it safe?



1.7 billion annual sales of the e-cigarette in the US

Opponents say that because nicotine is addictive, e-cigarettes could be a "gateway drug," leading nonsmokers and kids to use tobacco. They also worry that manufacturers with huge advertising budgets and celebrity endorsements could make smoking popular again. That would roll back decades of progress in getting people to quit or never start smoking.

"Life isn't about finding yourself. Life is about creating yourself."

-George Bernard Shaw, playwright



3,500

the number of calories it takes to gain a pound of body fat.

TIP CORNER

- **REVERSE THE CLOCK:** Bangs are age-defying because they cover forehead lines and reduce the appearance of crow's feet by focusing attention on the eyes. When cut correctly bangs frame your face and restore definition to your cheeks, brows and eyes.
- **PANTRY PURGE:** If you want to lose weight it's time to clean out the pantry. Throw away high fat foods and replace them with healthy foods. If it is not in the house, you can't eat it.
- **SUNBURN RELIEF:** Epsom salt can help inflamed skin because it's an anti-inflammatory. Mix a couple of spoonful's into a cup of water and use a spray bottle to mist it onto the affected area.
- **SLOW MENOPAUSE:** If you are a women who smokes, a Norwegian study has found that you are 59% more likely to reach menopause before the age of 45 compared to the average age of 51 for non-smokers.

Kids CORNER



Do you have a picky eater at home? If so, follow these tips from the Mayo Clinic and turn meal time into fun time.

- 1. Respect your child's appetite or lack of one.** If your child isn't hungry don't force a meal or snack. This might only reinforce a power struggle over food. In addition, your child might come to associate mealtime with anxiety and frustration.
- 2. Stick to the routine.** Serve meals and snacks at the same time every day. You can provide milk or juice with food, but offer water between meals and snacks.
- 3. Be patient with new foods.** Young children often touch or smell new foods, and put tiny bits in their mouths and then take them back out. Your child might need repeated exposure to a new food before he or she takes the first bite. Serve new foods along with your child's favorite foods.
- 4. Make it fun.** Serve broccoli and other veggies with a favorite dip or sauce. Cut foods into various shapes with cookie cutters.
- 5. Recruit your child's help.** Encourage your child to help you rinse veggies, stir batter or set the table.

FACT:

An hour of vigorous swimming can burn up to 650 calories.

