



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Joyle Martinez
Father Felipe Paraguya

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Rose George, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN
Mary Uwhuba, RN

Regular Meetings

Second Wednesday of every
other month, 6:30 pm
Religious Education Bldg,
Rm #3 Call any member for
more information

Membership

You need not be a medical professional—if you are interested in the Health Ministry please call Clara Heimericks at 916-689-3932 or the rectory at 916-381-5200.

TO IMMUNIZE OR NOT

There's been a lot of talk in the news lately about immunizations; it seems that more and more people are deciding to not vaccinate their children against common childhood diseases.



MYTHS AND MISINFORMATION

Myths and misinformation about vaccine safety can confuse parents who are trying to make sound decisions about their children's health care.

Some parents may fear that their child may be at risk for developing autism, Guillain-Barre Syndrome or SIDS if they are vaccinated. The CDC reports that scientific research concludes that vaccines are not a factor in any of these.

Some parents may fear that the vaccines contain some type of preservative or other ingredient (called adjuvants) which can be harmful. The CDC states that In the United States, vaccines against measles, mumps, rubella, chickenpox, rotavirus, polio and seasonal influenza vaccines do not contain added adjuvants.

So, why is it important to get vaccinated against these diseases?

THE VACCINATION PROCESS

Let's understand the vaccination process. The vaccination process protects more than just the person getting the vaccine. The process of vaccination halts the spread of a particular disease within an entire community. If enough people in the community are vaccinated even those who are, for whatever reason, unable to be vaccinated will be protected.

There are always going to be people in our communities who can't be vaccinated—infants under 6 months, people who are undergoing chemotherapy, radiation, or have compromised immune systems from diseases or treatments. These people rely on their parents, family, and others around them being vaccinated and providing them protection.

Immunizations have had an enormous impact on improving the health of children in the United States. In the era before vaccines, many children in the U.S. died or became disabled from these diseases. Many still do in countries and regions with lower vaccination rates. While these diseases are not common in the U.S., they persist around the world. And in today's travel conscious world we, and our families, may easily come into contact with them.

Most parents today have never seen first-hand the devastating consequences that vaccine-preventable

diseases have on a family or community. Many of us here in St. Paul Parish are old enough to have seen first hand the devastating effects of these diseases.

It is important that we continue to protect our children with vaccines because outbreaks of vaccine-preventable diseases can and do occasionally occur in this country.

WHAT DISEASES ARE WE TALKING ABOUT?

The list of childhood diseases can be overwhelming: measles, mumps, rubella, diphtheria, pertussis, polio, meningitis, influenza and rotavirus.

Let's just talk about the three most common:

Measles— This childhood disease can be incredibly aggressive and fast-acting. What one might think of just a childhood rash can instead result in severe complications, such as pneumonia and encephalitis (Injury to the brain from inflammation can result in result in coma or death.) As many as one out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children. Unvaccinated adults are at high risk for complications.

Mumps— One in four males who have reached puberty will have complications which include pain and swelling of the

testicles (orchitis).The swelling is usually sudden and affects only one testicle. The testicle may also feel warm and tender. In affected boys and men swelling of their testicles normally begins four to eight days after the swelling of the parotid gland. Occasionally, swelling can occur up to six weeks after the swelling of the glands. Just under half of all males who get mumps-related orchitis will notice some shrinkage of their testicles and an estimated 1 in 10 men will experience a drop in their sperm count.

Rubella— Rubella is a mild infection. Once you've had the disease, you're usually permanently immune. **However, if you're pregnant when you contract rubella, the consequences for your unborn child can be severe.** Up to *90 percent* of infants born to mothers who had rubella during the first 12 weeks of pregnancy develop congenital rubella syndrome which causes one or more of these problems:

- Growth retardation
- Cataracts
- Deafness
- Congenital heart defects
- Defects in other organs
- Mental retardation

These diseases and their complications can be effectively contained only if sufficient numbers of a community are vaccinated against them. And

there's an effective vaccine called MMR to protect against all three of these diseases.

WHO ELSE IS AT RISK?

There's another vulnerable segment of our society regarding vaccines too. Vaccines for the mumps and rubella became available in 1967 and 1969, respectively. The three vaccines (for mumps, measles, and rubella) were combined in 1971 to become the measles-mumps-rubella (MMR) vaccine. And, the chickenpox vaccine was available beginning in 1999.

So the portion of the population born before those years may not have received the vaccination. Those adults should have a discussion with their parents and doctors to determine if they had the childhood diseases and are now immune, or whether they need to get the vaccine or booster shot now.

Don't fall prey to myths and misinformation—Get the facts and protect your children and community!

Upcoming Health Ministry Events and Activities:

Sun, Jun 7—Free Blood Pressure Screening—8:30-12:30 parish hall