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Talking Points



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The average, healthy, well-adjusted adult gets up at seven-thirty in the morning feeling just plain terrible.

--Jean Kerr

HOW TO AVOID CATCHING A COLD

Cold viruses grow mainly in the nose. They can get into *your* nose if an infected person coughs or sneezes near you, or if your contaminated fingers touch your nose or eyes.

Once the virus gets into the nose most people develop an infection. Here are some factors that researchers have found can reduce the odds of developing a cold after exposure to the virus.

- **Having an upbeat personality.** People who expressed more positive emotions overall were much less likely to become sick than those who expressed fewer positive emotions.
- **Avoiding long-term stress.** People are as much as five times more likely to develop colds if they're experiencing significant stress.
- **Sleeping well.** People who averaged less than seven hours of sleep a night were three times more likely to develop a cold than those who average eight hours a night.
- **Doing moderate exercise.** Researchers found that those who engaged in aerobic activities five times a week spent 43 percent fewer days with upper respiratory infections than those who exercised less than once a week.

--Nutrition Action Health Letter
March 2011

5 BAD REASONS FOR SKIPPING THE FLU SHOT

Fifty-five percent of the adults in a recent survey by the consumer Reports National Research Center didn't get the seasonal flu shot last year. Here are their reasons—and why they should reconsider their decision.

1. **I believe in building my natural immunity.** The vaccine builds immunity without the risk of the disease or its complications.
2. **I don't get the flu.** That's probably just good luck so far.
3. **Medicine can treat the flu.** Antiviral drugs make flu symptoms less severe, but work best if they're started within two days of the onset.
4. **I worry about side effects.** The shot's benefits far outweigh its risks.
5. **I don't like shots.** The flu shot uses a small-bore needle so it causes little pain for most people. Or ask your doctor if you're a candidate for the nasal spray.

--Consumer Reports on Health
January 2011

Myths About Epilepsy

Myth: Epilepsy patients can swallow their tongues during a seizure.

Fact: It's physically impossible to swallow your tongue.

Myth: People with epilepsy are disabled and can't work.

Fact: People with this condition have the same range of abilities and intelligence as the rest of us.

Myth: Epilepsy is a mental illness.

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