Pertussis: Coming back with a “whoop”

Pertussis, also known as “whooping cough,” is a very contagious bacterial infection only found in humans, and is spread from person to person. Those who most commonly experience complications, such as pneumonia, are young infants. It is often found that they acquired the disease from an older adult. Pneumonia is also an adult complication of pertussis, along with fractured ribs, trouble sleeping and decreased control of bladder. The incidence of whooping cough has been increasing, especially among children, which is why it is important to become vaccinated. Over 25,000 cases of pertussis were reported to the CDC (Centers for Disease Control and Prevention) in 2004 and 2005.

What are the signs and symptoms of pertussis?
First signs and symptoms of pertussis are often a mild cough occasionally accompanied by a fever. It often is mistaken as the common cold due to similar symptoms, making it more complicated to diagnose in its earlier stage. After one to two weeks of these symptoms, the coughing may become much more violent and frequent. This more severe coughing may last for several weeks. The harsh, rapid coughing often makes it difficult to inhale; therefore, when one does catch their breath they often make a loud “whooping” sound, which is where the disease gets its name. This whoop is not as noticeable in adults as children. It is not uncommon for the coughing fits to cause a person to vomit or feel very tired.

How can I prevent pertussis?
A vaccine against pertussis was developed in the 1940s, but it was not until 2005 when a vaccine for adolescents and adults was manufactured due to the increased incidence of pertussis cases. While many people are now receiving pertussis vaccines as children, it is recommended that a booster be given later in life because it appears that vaccine protection fades over time. The vaccine that is recommended for adolescents and adults is called “Tdap” which stands for tetanus, diphtheria and pertussis.

Should I get the vaccine?
Because the pertussis component is in combination with tetanus, it is often recommended that Tdap replace the next tetanus booster shot, which is recommended every 10 years, for any adult under 65 years old. If you are in contact with young infants or are a health care worker, it is advised that you receive the Tdap vaccine as soon as possible, regardless of when your last tetanus booster was received. Individuals age 65 and older should receive the Tdap vaccine as well, if they have not received it in the past. This is especially true if they will be in direct contact with young children who are age 12 months or younger.

Talk with your doctor if you are interested in getting the vaccine. They may be able to give you the vaccine in their office; however, it may also be available at your local pharmacy. Specially trained
Natural healing through acupuncture

Acupuncture is a form of traditional Chinese medicine dating back 4,000 years. It involves inserting hair-thin disposable needles along areas of the body to restore balance and health. Acupuncture works by stimulating the body’s own self-healing mechanisms. Acupuncture effectively treats a variety of health conditions and can speed up the body’s natural recovery time for healing. It is a gentle and safe treatment option for individuals seeking wellness.

Community acupuncture
Traditionally in Asia, acupuncture is offered in a group setting. Aurora Sinai Medical Center now offers group acupuncture. This means that after an individualized assessment, you will receive treatment in a supportive, healing group environment, while sitting in a reclining chair or lying on a table. There is no need to disrobe; participants will remove socks, roll sleeves up to their elbows and pants up to their knees. The acupuncturist will speak briefly and quietly before starting treatment. The treatment usually lasts one hour.

Other people are being treated at the same time, in the same room, in the same way. It is important that the community acupuncture participants are quiet and respectful of others who are receiving treatment. Together, the group creates a collective, healing environment that is powerful and clinically effective.

Acupuncture is a process
Acupuncture is a gradual process that includes a series of treatments to achieve good results. For each acupuncture participant, a thorough medical history and evaluation is completed and an individual treatment plan is recommended. An average course is 12 to 20 treatments, one to three times a week.

Conditions that benefit from acupuncture

Muscles, bones and joints
- Sprains
- Osteoarthritis
- Rheumatoid arthritis
- Fibromyalgia

Heart and blood vessels
- Angina
- High blood pressure
- Obesity
- Drug addiction
- Smoking

Nervous system
- Strokes
- Neuralgia
- Headaches/migraines
- Nerve paralysis
- Anxiety, depression and other nervous disorders
- Symptoms related to Parkinson disease

Respiratory system
- Asthma/allergies
- Bronchitis
- Sinusitis

Digestive disorders
- Indigestion
- Stomach ulcers
- Gallstones
- Constipation
- Urinary incontinence
- Diarrhea
- Irritable Bowel Syndrome
- Nausea and vomiting
- Side effects from chemotherapy

Obstetrics and gynecology
- Fetal malposition
- PMS
- Menopause symptoms (hot flashes)
- Dysmenorrhea
- Amenorrhea
- Uterine bleeding
- Infertility
- Labor induction

Kimberly Stephens is a Wisconsin-certified acupuncturist who provides both individual and community acupuncture at Aurora Sinai Medical Center. For more information or to schedule an appointment with Kimberly, please call 414-219-5241.

To inquire about individual acupuncture that is offered in your area, please see the following Aurora Health Care locations nearest you:

See Natural healing on page 3
Personal hygiene. Dental hygiene. Sleep hygiene?

Sleep hygiene simply refers to the habits we fall into as we try to get the proper amount of sleep and the quality of sleep we need to stay healthy. Ironically, much of our sleep hygiene has to do with how we spend our waking hours.

Eat, drink and be up all night
What you eat and drink during the day, especially the immediate four hours before bed, can have an effect on your ability to get a good night's sleep. Caffeine, nicotine and certain medications are stimulants that can interfere with your ability to fall asleep and stay sleeping. Alcohol may make you feel sleepy initially, but after a few hours, as the body begins to metabolize the alcohol, it produces a stimulant effect. Eating large meals before bed has the same delayed stimulant effect.

Limiting your intake of these substances and foods before bed can also help control fragmented sleep that results from bathroom breaks and indigestion.

Always check with your doctor before taking any sleeping pills, and follow directions given by your doctor when taking any medication.

Stay on schedule
We are creatures of habit and our bodies get used to patterns and schedules. Establishing a regular sleep and wake schedule will help set your internal clock. Maintaining a consistent body rhythm conditions your system to expect sleep at certain times, and may make it easier to fall asleep at night and wake in the morning.

Mid to late afternoon is prime time for that sleepy feeling to set in. A quick catnap now and then can give you a boost of energy, but excessive napping during the day on a regular basis will disrupt your body's sleep/wake routine.

A regular exercise routine provides many health benefits and is helpful in promoting deep, restful sleep. However, try to leave at least three hours between exercise and bed so your body and brain have time to wind down properly.

Time for bed
Just as you prepare for your day each morning, establishing a bedtime routine can help prepare you for a good night's rest. Listening to light music, reading, journaling or taking a warm bath can all act as cues for your body that it is time to slow down. Relaxation

See Sleep hygiene on page 7

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Are headaches keeping you down?

For many of us, headaches are a daily occurrence that just won’t go away – no matter what we do. Over-the-counter medication may dull the symptoms, but still the pain keeps coming back. But does it have to? Is there a conservative option available to provide pain relief and possibly even eliminate headaches completely? The answer may be closer than you think.

Headaches can be categorized in many ways, including tension, migraine and cluster varieties. Other headaches are classified as “secondary headaches,” which may be caused by disorders that have an underlying problem within the cranium (head) or neck itself. As always, a thorough examination is necessary to help diagnose the headache, and may require X-rays or MRIs in order to completely pinpoint the source of the headache.

Tension headaches are the most common type of headache, with an estimated 90% of the general population suffering one at some time or another. The most likely cause of these headaches is contraction (tightness) of the muscles near or around the skull and neck. This tightness may be caused by physical stress, such as work, or postural stress, which is very common today with all the computer and desk work we do every day. In addition, emotional stress can play a major role in generating tension headaches.

Chiropractic care has long been utilized to reduce tension headaches. Due to the complex involvement of a variety of tiny nerve fibers located in the neck and upper back, manual care can often provide relief for those suffering from headaches. Although chiropractic manipulation or “adjusting,” can be performed, often other safe and gentle manual stretching techniques can also successfully be used. Exercises and postural and home advice will also be provided to ensure the best results possible.

Headaches are a difficult situation for many of us as the years progress. But there may be an answer beyond pain medication and inactivity. Give Aurora’s chiropractic services a try. Besides the headache, what have you got to lose?

Paul Maurer, DC, provides chiropractic care at the Aurora Health Center located at 6901 W. Edgerton Avenue in Milwaukee. You can schedule an appointment by calling 414-421-8400.

To find an Aurora Health Care chiropractor nearest you, visit AuroraHealthCare.org or call 414-454-6703.

Pertussis from page 1

Pharmacists can administer the vaccine right inside the pharmacy. Simply ask your doctor for a prescription for the vaccine and see if your pharmacy provides this service. Select Aurora Pharmacy locations (as listed below) now offer the Tdap vaccine:

- Aurora Pharmacy at Aurora St. Luke’s Medical Center 414-649-6930
- Aurora Pharmacy at Aurora St. Luke’s Physician Office Building 414-649-6738
- Aurora Pharmacy at Aurora St. Luke’s South Shore 414-489-4600

Pharmacy staff at these locations are available to answer your questions about the Tdap vaccine, including insurance coverage and price.

Resources
1. Centers for Disease Control and Prevention (CDC): Pertussis (Whooping Cough)
   800-311-3435
   cdc.gov/pertussis

   cdc.gov/vaccines/pubs/pinkbook/downloads/pert.pdf
Department of spiritual care

Spirituality addresses the need everyone has for connection, meaning and purpose in life. It helps us discover our inner resources and use them to guide us on our journey. These can include family, community, faith, journaling, nature and so much more.

In times of crisis and uncertainty, our spirituality can be one of our most important tools to see us through. However, it is often difficult to do this on our own.

During these times, chaplains are available at Aurora hospitals to provide a supportive presence and a listening sensitivity for the patient’s faith tradition, lifestyle and emotional needs.

Chaplains can be especially helpful when you:
- Need to talk with someone about heartfelt concerns.
- Receive an unexpected diagnosis or news that shakes you up.
- Are waiting for a procedure or are in a situation that is causing anxiety or fear.
- Are facing death or a major life decision.
- Are struggling with questions of meaning and/or purpose.

Chaplains provide:
- Spiritual and emotional care for patients, families and staff.
- Professional education that develops competence in ministry.

To learn more about the chaplains, staff and spiritual care services, please call your nearest Aurora hospital or visit Aurora.org/Services/Spiritual-Care/Sites/index.asp.

Grief, Hope and the Holidays

A holiday or special day after the death of a loved one can trigger some emotional reactions. This program gives insight into coping with these emotions. In addition, it will provide an opportunity to reflect on life changes, learn ways to move through grief, and help define your needs when dealing with these special days. Join us as we discuss suggestions to help you cope with your grief during this joyful, yet painful, time of year.

Registration is required.

Cost: Free

Wednesday, November 9 • 6 to 7:30 p.m.
Aurora St. Luke’s South Shore
5900 S. Lake Drive, Cudahy

Wednesday, November 16 • 6 to 7:30 p.m.
Aurora West Allis Medical Center
8901 W. Lincoln Avenue, West Allis

Tuesday, December 6 • 1 to 2:30 p.m.
Aurora St. Luke’s Medical Center
2900 W. Oklahoma Avenue, Milwaukee

Tuesday, December 13 • 1 to 2:30 p.m.
Aurora Sinai Medical Center
945 N. 12th Street, Milwaukee

To register, please call 414-219-6080 and leave your name and phone number.

Aurora Adult Day Center fitness initiative

Aurora Adult Day Center began its fitness initiative in spring 2010. It is a strategic walking/biking program to increase ambulation distance and decrease isolation. Exercise has been known to decrease depression and increase independence. All clients are encouraged to participate according to their ability.

Clients who participate in the program have been highly motivated to improve their overall wellness. In early 2011, weekly Weightlifting, Yoga and Range of Motion classes were introduced.

For more information on the fitness initiative program, contact Melissa Owen at 414-290-5494.

Holiday shopping made easy!

Are you a PerkSpot member yet? If not, now’s the time to sign up! With the holidays just around the corner, PerkSpot can help you save time and money. This exclusive membership program offers discounts on a wide range of products and services from many nationally-known companies that you will instantly recognize once you log onto the site. Start your holiday shopping today! Log onto AuroraFreedom.perkspot.com, register using your email address and follow the quick instructions to start saving!
Know the warning signs of vision problems

Typically, changes in vision are subtle as we age—needing to extend our arms out a little further to read the small print or squinting more to read the street sign. Having regular eye exams performed by a professional eye expert, like the ones at the 12 Aurora Vision Center locations throughout southeastern Wisconsin, can help detect progressive eye conditions, such as glaucoma or cataracts, that can gradually sneak up on you. Early detection can allow for treatment of these conditions at their earliest, most treatable stage, and before they cause irreparable damage.

However, there are times when a sudden change in vision or the onset of eye pain can be the warning sign of a serious eye problem. When this happens, immediate medical attention by an ophthalmologist is needed.

Keep an “eye open” for:
• Flashes of light, floaters or gray shadows that can signal a detached retina.
• Sudden loss of vision that may indicate glaucoma or macular degeneration, the leading cause of vision loss in people over age 65. Vision loss in one eye also can be an indicator of other serious health concerns, such as a stroke.
• Eye pain can indicate the potential presence of glaucoma, dry eye or an injury to the eye, such as a scratched cornea. It can even identify a rare case of eye cancer.
• Eye injury that results in redness or pain lasting more than 20 minutes should be evaluated by a doctor.
• Discomfort in the eye could be caused by a foreign particle. Using safety glasses when working around the house or under the car can prevent sight-impairing abrasions or infections.
• Red eye can be an indication of a deeper inflammation around the eye.
• Contact lenses that cause dryness, pain, redness or discomfort should never be ignored. These side effects are not typical of wearing contacts.

Flu? Not you! Protect yourself and your loved ones

The CDC (Centers for Disease Control and Prevention) recommends that everyone age 6 months and older receive the flu (influenza) vaccine.

How will it help me?
The 2011-2012 vaccine offers protection against three different strains of the flu virus.

Where can I get my flu vaccine?
• Your doctor’s office (call to see if you need an appointment).
• Aurora Pharmacy (28 locations) offers flu vaccination for adults and children over 6 years of age. Visit AuroraPharmacy.org for a list of pharmacy sites that offer the flu vaccine.

• An Aurora QuickCare clinic offers flu vaccinations for adults and children over 9 years of age. Visit Aurora.org/QuickCare to find a convenient clinic in your area.
• The Aurora VNA has flu clinics for adults and children over 9 years of age. Visit their website at Aurora.org/Flu to find a clinic in your area.
Lifeline® ... Your connection to protection

Lifeline personal medical alert service supports seniors and individuals with disabilities in their desire to remain independent.

The Lifeline program assists and educates subscribers on managing a safe, secure and independent living environment, all while providing an additional layer of protection.

Aurora Visiting Nurse Association is proud to introduce ... Philips Lifeline Medical Alert Service with Auto Alert!

Lifeline with Auto Alert is an enhanced medical alert service that will automatically call for help even when the subscriber is unable to press their “Help” button after a fall.

This innovative technology is capable of detecting when a fall has occurred by measuring the difference in height from the high-density button worn around the subscriber’s neck down to the floor. The Auto Alert allows the subscriber 30 seconds to recover from the fall (by getting back onto their feet and into an upright position) or to press their “Personal Help” button. After 30 seconds, the Philips call center will attempt to contact the subscriber. If they are unable to verify that the subscriber is alright, an emergency response call will be placed.

The new Auto Alert also includes the same functions as previous models. If a subscribers needs assistance, or just someone to talk to, they can press the button and a Philips call center representative will be available at any time, on any day, 365 days a year.

Aurora Freedom+ discount

Aurora Freedom+ cardholders receive a 50% discount on Lifeline installation. Discounts cannot be used or combined with insurance, Medicare, Medicaid or other government programs; nor in combination with any other discounts or sales. Be sure to show your Aurora Freedom+ card at the time of purchase.

For more information on the Lifeline program, call an Aurora Visiting Nurse Association location near you:

Milwaukee Metro Area
Milwaukee and Waukesha Counties
800-475-2413 (toll free)

Northeastern Wisconsin
Brown, Door, Kewaunee, Manitowoc, Marinette, Oconto, Outagamie, and Shawano Counties
800-508-5527 (toll free)

Central Wisconsin
Calumet, Fond du Lac, Green Lake, Ozaukee, Sheboygan, Waushara, and Winnebago Counties
800-686-4314 (toll free)

Southeastern Wisconsin
Kenosha, Racine and Walworth Counties
800-608-4343

Sleep hygiene from page 3

techniques, like stretching and deep breathing, can help clear your mind, reduce anxiety and relieve muscle tension.

It is also important to create a restful environment for sleep. Your bed should be reserved as a place for sleep and intimacy. If you watch TV or use your bed as a workstation, your body receives conflicting cues, which can lead to restlessness when your goal is to sleep.

If you have ever tried to sleep on a sofa-bed, cot, blow-up mattress or even the floor, you realize the advantages of a comfortable bed and bedding. If a new mattress isn’t an option, consider a new high quality set of sheets or a new pillow to encourage better comfort. For most people, a quiet, dark and cool (not cold) bedroom setting is the most beneficial for sleep.

If you don’t fall asleep within 30 minutes of going to bed, get up, leave the bedroom and engage in a quiet, boring activity until you feel sleepy.

Practicing good sleep hygiene encourages healthy sleep and overall better health. If insomnia persists despite these suggestions, or if sleep issues are keeping you from feeling your best, contact your health care provider.

Aurora Health Care offers 11 sleep medicine centers dedicated to the diagnosis and treatment of sleep disorders. For more information or to find a location of an Aurora Sleep Medicine Center near you, visit Aurora.org/Sleep or call 888-863-5502.
Holiday Pops Spectacular with Jeff Tyzik
Sunday, December 4 • 2:30 p.m.
Uihlein Hall • Marcus Center for the Performing Arts

Orders must be received by Monday, November 28. For more information, call Luther Gray at the Milwaukee Symphony Orchestra, 414-226-7840.

Holiday Pops Spectacular

Sunday, Dec. 4 at 2:30 p.m.

Name ___________________________ Phone ___________________________
Address ____________________________________________________________
City __________________________ State ________ ZIP ________________

No. of Tickets:   Orchestra, Main Floor @ $40.00 ea.   Orchestra, Side Rear @ $27.00 ea.
                 Center Loge @ $32.25 ea.   Rear Loge, Balcony @ $17.25 ea.

Total number of tickets _______ Total amount enclosed $ __________    

Make check payable to: Luther Gray
Milwaukee Symphony Orchestra
Mail your check and this completed form in a self-addressed, stamped envelope to:
Milwaukee Symphony Orchestra
700 N. Water Street, Suite 700
Milwaukee, WI 53202-4278

Ticket prices include a special 35% discount and facility fee.