Tips to ease the pain of childhood immunizations

**Mistakes to Avoid:**

- **“Immunizations” is a weed parents or children don’t want to hear.**
- Yet, immunizations play an important role in keeping many widespread, harmful diseases away from children and infants. In the U.S., vaccines prevent thousands of deaths per year.
- It seems as if they all carry some cries.

**By DR. ROBERT ASHLEY**

Dear Reader:

Pain is a sympotm that we can all understand. It can be an indicator of possible injury within the body and should be acknowledged, not simply by taking medication, but also by understanding the cause of the pain. That said, one person’s pain is different than another’s, with some people needing greater pain relief. So, if you need medication for pain, what should you use? Let’s look first at acetaminophen (Tylenol). Acetaminophen has been used for over 100 years. It is one of the few medications classified as nonsteroidal anti-inflammatory drugs (NSAIDs) work by altering prostaglandins in the kidneys, which can lead to kidney injury. This translates not decrease prostaglandins in the stomach lining from acidity. The damage can cause liver damage, severe bleeding.

Both ibuprofen and naproxen decrease of prostaglandins in the stomach. These chemicals produced by the body, have harmful effects, protecting the stomach lining from acidity. The decrease of prostaglandins in the stomach lining leading to stomach inflammation, ulcers and possibly severe bleeding.

Colorectal cancer is a more selective NSAID and does not decrease prostaglandins in the stomach. This translates into a danger for the likelihood of creating ulcers.

All NSAIDS can reduce prostaglandins in the kidneys, which can lead to kidney injury.

Lastly, the reported use of high-dose NSAID has been linked to an increased risk of heart attacks. Colorectal may have a slightly greater risk of this ibuprofen and naproxen, but a recent New England Journal of Medicine study looking at those who used NSAIDs chronically for arthritis found no difference in cardiovascular events between ibuprofen and other ibuprofen or naproxen.

Of the drugs you listed, my feeling is that acetaminophen is the safest when used regularly. However, if used improperly, acetaminophen can have a higher dose than being per day. And, if used too if regularly, could lead to a build-up of acetaminophen.

Acetaminophen, ibuprofen, celecoxib, or naproxen? It seems as if they all carry some cries.

**Higher doses than 4,000 mg per day acetaminophen at no use.** However, I would still use acetaminophen for arthritis found no difference in cardiovascular events between ibuprofen and those who use acetaminophen. Moderate alcohol consumption, alcohol in excess or consistent take more than 4,000 mg per day. Age is also a factor, as those over 65 are, in this case, at greater risk of liver failure and death after overdose.

Ibuprofen (Advil, Motrin) has been used for pain since 1976. It is one of many medications classified as nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs work by altering prostaglandins in the kidneys, which can lead to kidney injury.

If we don’t turn this around, things are only going to get worse,” said Dr. David Gifford, senior vice president of quality and regulatory affairs for the American Health Care Association, which represents nursing homes across the country.

“In the U.S., vaccine-preventable illnesses, such as measles, whooping cough, chicken pox and rubella, are still the top five causes of death for children,” said Dr. Jill Boulden, a family doctor in the U.S. and Canada. “And she taught us that if we had an education, no one could ever take it from us.”

Achluophobia is an important aspect of the pain. That said, one person’s pain is different than another’s, with some people needing greater pain relief. So, if you need medication for pain what should you use? Let’s look first at acetaminophen (Tylenol). Acetaminophen has been used since 1955; it is available in many products, works well for pain, and is the most safe part. However, at high doses—specifically above 4,000 milligrams a day—acetaminophen can cause liver damage, even death, especially in those who are malnourished, drink alcohol in excess or consistently take more than 4,000 mg per day. Age is also a factor, as those over 65 are at greater risk of liver failure and death after overdose.

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services from a rapidly aging population would constitute the equivalent of three to five work-years lost per family, workplace, personal care aides, home health aides and nursing assistants.

The U.S. Bureau of Labor Statistics estimates an additional 1.1 million workers of this kind will be needed in 2024 — a 28 percent increase over 2014. Yet, the population of potential workers who tend to fill these jobs, overwhelmingly adult women ages 20 to 64, will increase at a much slower rate.

After the recession of 2008-2009, post-recession Medicaid-funded home health agencies, nursing homes and community service agencies were relatively easy to fill for several years. But the improving economy has led these agencies to use new pay-for-performance incentives, in retail services for example, and turnover rates have soared.

At the same time, nursing assistants, home health aides and personal care aides have stagnated, making recruitment difficult. The average hourly rate nationally is $11.10 — a few cents lower than a decade ago, according to PHI, an organization that studies the distribution of healthcare labor.

There is a push on now in a handful of states (including Kentucky) to pay $15 an hour.

It is often impossible to document exactly how common these problems are nationally. Neither states nor the federal government even require information about staff vacancy or the number of home care workers, turnover rates or people going without services. "If we really want to understand what’s needed to address

with staffi  ng.

New research, for example, shows that only 75 percent of us would make it through the program, and there were times when I would look around and think, ‘If I want this, I’m going to have to give it all I’ve got.”

The recipient of the Texas A&M-Central Texas Foundation’s ‘Eagle Warrior’ Scholarship, Anacloto earned her associate degree in nursing at Central Texas College with the help of her husband, friends and $15 an hour.

Douglas, relies on round-the-clock care from home health aides. (COURTESY OF THE RAMACHER FAMILY)

friends, my country, and the university. They all helped to make this possible.

After graduation, Anacloto plans to begin a new job with Metropolis Hospital as a critical care nurse, serving the hospital’s heart patients.

Marc Nigliazzo, Texas A&M-Central Texas president, is grateful for the University’s Foundation and the donors who make the Eagle Warrior Scholarship possible. “Several donors throughout the county have made gifts benefiting the Eagle Warrior Scholarship in part because our partnership with Central Texas College guarantees an affordable path to an undergraduate degree. We remain grateful for the donors whose gifts continue to make success like this one possible for our deserving students.”

Debra Ramacher is executive director of Wisconsin Family Ties, an organization for families of children with emotional, behavioral and mental disorders. Her daughter Maya, 20, pictured in 2015, has cerebral palsy, epilepsy and other significant disabilities.

The findings are startling.

One of seven caregiving positions in Wisconsin nursing homes and group homes remained unfilled, one survey discovered. 50 percent of administrators reported a lack of qualified job applicants. As a result, 10 percent of long term care facilities have had to limit resident admissions, deferring care for more than 1,500 vulnerable residents.

In Wisconsin, about 45 minutes west of the Twin Cities, in New Richmond in western Wisconsin, about 45 minutes from the Minneapolis-St. Paul metropolitan area.

“Some of our caregivers told me they stopped trying to hire personal care aides. They can’t find anybody and it costs them money to advertise,” said Ramacher.

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tal as a critical care nurse, serving the hospital’s heart patients.

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The situation is equally grim for Wisconsin agencies that send personal care workers into people’s homes. According to a separate survey in 2016, 10 percent of providers didn’t have enough staff to cover all shifts, and 43 percent reported not filling shifts in at least seven times a month.

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Debra Ramacher and her husband are unable to find paid caregivers since June 2015 for daughter Maya, 20, and son Michael, 18, both of whom have cerebral palsy, epilepsy and other significant disabilities.

The family lives in Richfield in western Wisconsin, about 30 minutes from the Ramsey-Fairfax St. Paul metropolitan area.

“At least these agencies told me they’ve stopped trying to hire personal care aides. They can’t find anybody and it costs them money to advertise,” said Ramacher.

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And people with disabilities have surveyed their members over the past year.

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The recipient of the Texas A&M-Central Texas Foundation’s ‘Eagle Warrior’ Scholarship, Anacloto earned her associate degree in nursing at Central Texas College with the help of her husband, friends and books completely paid for.

But that didn’t make her lazy, in fact, she worked even harder.

“Being an Eagle Warrior Scholarship recipient inspired me,” she explained. “I knew it was a blessing, and I was determined to prove it was worthy of it.”

Transferring to Texas A&M-Central Texas in summer 2016, she enrolled in the BSN program and completed it in one year, because our partnership with Central Texas College guarantees an affordable path to an undergraduate degree. We remain grateful for the donors whose gifts continue to make success like this one possible for our deserving students.”

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Connecticut.

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