Get your influenza shots, experts urge

Calling Influenza and pneumonia "underrated killers," the American the Metolgan Education of Michigan and the Metolgan Department of Public Health urged all Metolganians at risk to get their flu and pneumonia shots immediately.

People under the age of 35 who are at high or moderate risk from influenza were strongly recommended to get a supplemental vancination against a new A-Taiwan influenza strain when the vaccine becomes available in early December, They shouldn't delay getting the standard 1984-87 flu shot that is available now.

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"Recent reports show that some 2,000 Michigan residents die each year from pneumonia and influenza," said Dr. Robert Brush, spokesman for the American Lung Association of Michigan. "That's why we've chosen flu and pneumonia prevention as the educational theme for our Christmas Seal Campaign that officially starts today,"

"Most deaths from flu and pneumonia are preventable thanks to safe and effective vaccines," Dr. Brush said. "Unfortunately, they are underutilized."

FLU SHOTS must be given annually, but the pneumonla vaccine provides long-term protection and has to be given only once in a lifetime. High-risk thicking a residents who are strongly encouraged to get the currently available standard flu shot and a pneumonla shot are people

with chronic lung or heart disease and residents of nursing homes and other chronic care facilities. These individuals are at highest risk from influenza complications, according to state health director Gloria Smith.

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HIGH-RISK people should ask their doctor for the shots or they can call their local health department to see whether the shots are available. Flu and pneumonia vaccines are reimbursable under Medicare.

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About protection against the A-Taiwan flu strain, Smith emphasized that not everyone under 35 years of age needs the special supplemental vaccination. "It's only those high- or moderate-risk people who are in danger of serious complications from an influenza infection," she

"High-risk younger patients, how-ever, should not delay getting the

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1986-87 standard vaccine regardless of when the supplemental vaccine for the A-Tolwan strain becomes available," she added.
Most people over 15 were exposed to fits strains similar to the Taiwan strain between the mid-1950s and 1950s. As a result, they're likely to be already protected, health officials said.
Fits shots for infants under 6 months of age are not effective and, therefore, are not recommended. Anyone who is allerage to eggs also should not receive influenza vaccine. Dectors will probably wait until af-

ter the first trimester before giving the flu shot to pregnant women. The influenza vaccine is considered gen-erally safe for expectant mothers.

ACCORDING TO the U.S. Centers ACCOMBING 10 to 0.5. Central for Disease Control, the percentage of deaths from pneumonia and influenza reported in 121 U.S. cities during the first four months of 1985 was the highest since 1978. Statistics, show that 1.5 million people in the nation are at risk, but only 300,000, or 20 percent, annually get immunized.

the whole body. It may produce chilts, weakness, dry cough, aching of the head, back, arms and legs, sore threat and less of appetite. For healthy children and dailts, file typically is a moderately severe lilness. But the flu can be very serious or illfe-threatening for those over 55 or patients who are sick from a chronic illness such as lung disease.

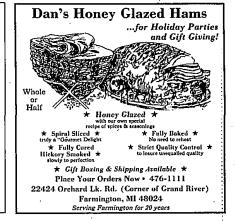
"Pneumonia is still the sixth leading cause of death in this country, and it claims 54,000 lives each year," Dr. Brush said. "It is a serious compilication of the flu."

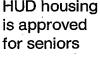
OLDER PEOPLE and those with chronic lung diseases are less likely to fight off pneumonia and its com-nications

on igns un preumonia and its com-plications.

"And yet the pneumonia vaccine in particular is not utilized often enough despite the fact that it provides protection against 38 different types of bacteria presponsible for 90 percent of bacterial pneumonia in For free information on flu and pneumonia, call the American Lung Association of Michigan, the Christmas Seal people, toll-free at 1-800-292-5979.







The U.S. Department of Housing and Urban Development recently approved an application submitted by Mercy Services for Aging and the Highland Township Senior Housing Advisory Council for \$1.3 million to

by Mercy Services for Aging and the Highland Township Senior Housing Advisory Council for \$1.3 million to build a senior housing project in Highland Township Senior Highland Township. Mercy Services for Aging, Farmington Hills and St. Joseph Mercy Housing Advisory Council since the fall of 1955, exploring the senior housing advisory Council since the fall of 1955, exploring the senior bousing needs in Highland Township. An application for the 32-unit housing project was approved by HUD on Sept. 30. The new housing with the senior of the senio

work of the Sisters of mercy — Province of Detroit. St. Joseph Mercy Hospital is a div-sional hospital of the Sisters of Mer-cy Health Corp., also a subsidiary of Mercy Health Services.

Variance OK'd on a split vote

In a 3-1 split vote Nov. 3, Farmington City Council members decided to allow Farmington Appliance Service Center to place banners on its building and a tree for two weeks. Councilman Arnold Campbell dissented. Those approving the measure were Mayor William Hartsock and Councilmen Ralph Yoder and Richard Tupper. Councilwoman Shirley Richardson was absent.

The business recently moved from downlown Farmington to the north side of Grand River, just east of Power Road. Owner George Ideh requested city approval for the banner, arguing his customers were baving trouble finding the new location.





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