

Flu Can Be Serious

The first snow or ice storm calls to mind long dreary days of gray weather and that shut-in feeling, or if you're among the more fortunate, the winter months stir the urge to travel to a sunnier climate for a vacation.

Unfortunately for most of us in North Carolina, winter only conjures up visions of the dreary days, icy winds, snow drifts to be shoveled and of course, influenza.

Since persons with heart or circulatory problems are more likely to be seriously affected than others if they develop the flu, the North Carolina Heart Association together with the American Heart Association recommends that those persons check with their physician as early as feasible about the advisability of vaccination.

Projected totals for 1970 from the American Heart Association indicate that 24,500 people in North Carolina will die from cardiovascular disease. This figure is 53 percent of the entire amount of individuals who will die in the state this year.

The Public Health Service has noted that until good protection is provided consistently by influenza vaccine, it is not recommended for healthy adults and children -- only for those persons of any age with chronic debilitation conditions. These include:

- Rheumatic heart disease, especially mitral stenosis (a narrowing of the valve opening)

- Coronary heart disease and high blood pressure, particularly with evidence of inability of the heart to perform its function properly.

- Asthma, chronic bronchitis, cystic fibrosis, bronchiectasis, pulmonary fibrosis, pulmonary emphysema and advanced pulmonary tuberculosis.

- Diabetes mellitus or Addison disease.

- Older persons, who may have incipient or potential chronic cardiovascular and bronchopulmonary disorders, also should be considered candidates for vaccination.

Flu vaccine is administered in two doses, about two months apart, the American Heart Association notes. However, the interval can be reduced if an epidemic threatens. Those vaccinated within the past two years need only one booster dose.

Enroll Now

Enrollment will be held on Thursday evening, February 5, at 6:30 p. m. for a Business Law Class (wills, deeds, insurances, etc.). This class, also for adults 18 years old and older, will be held in Newdale Fellowship Hall.

If further information is needed on either of these two classes, call the W. A. M. Y. Office, phone 682-2610.

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Burnsville, N.C.

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