

Vaccines keep pets healthy



ANIMAL TALK

Michelle Janik

We often forget the importance of vaccines in preventing disease because they do just that — prevent disease. Vaccines play an enormous role in both preventing disease and eradicating it from countries and even continents.

For example, I've never known anyone who contracted polio because it was eliminated in North America by vaccination efforts instituted 40 years before I was born.

Routine vaccinations provide your pet's immune system with the tools to fight disease in the event of exposure. By preparing their immune system, we have insurance that our pets will either not become sick or their illness will be much less life-threatening than if they had not been well immunized.

Routine vaccination is key, as the immune system must be reminded throughout a pet's life of the diseases that it should be prepared to fight. Proper administration and handling of vaccines is also critical. Mistakes made in storage or administration can inactivate vaccinations and result in a pet that was not successfully immunized. Your veterinarian has been trained to know which vaccinations your pet needs and how to handle and properly administer that vaccine for the optimum benefit.

The importance of immunizing animals against disease is not only about pets, it is also about preventing life-threatening disease in humans.

Zoonotic diseases are transmitted from animals to people. Though there are fewer zoonotic risks here than developing countries, we owe that reduced risk to an infrastructure developed to prevent disease, including food safety and animal and human vaccination.

Thanks to regulations in place for brucellosis vaccination in cattle, most people today enjoy a safe beef and milk supply. Domestic dogs are the number-one cause of rabies in humans, transmitting 99 percent of all cases across the globe. But due to regulations requiring canine rabies vaccination in the U.S., we have the confidence to bring dogs into our homes.

We may forget the importance of vaccination until a risk to our pet's well-being is posed. However, strong herd immunity is not built by responding to threats. By vaccinating our pets throughout their lives, we are reducing their risk of sickness and creating a stronger more immune community of pets in Wallowa County.

Michelle Janik is an associate veterinarian at Enterprise Animal Hospital, Inc.

Do guns really make us safer?

Like many Americans, I am working hard to come to grips with the recent violence in Las Vegas. In trying to comprehend the situation, I have scoured my experiences and memories to find some perspective upon which to focus my thoughts.

In doing so, I cast back to an experience that remains vivid in my memory over 55 years later.

In the summer of 1962, I stood on the street in the city of Las Palmas in the Canary Islands. The Canaries were then, and remain today, Spanish territory.

Burned into my memory is the image of a member of the Guardia Civil standing on a street corner surveying the passersby with eyes shaded beneath a battle helmet. Around his neck was strapped a submachine gun, which looked like the automatic Sten gun used by the British throughout World War II.

I had little doubt that the weapon, which he held ready in his hands, could be swung into action in an instant.

Townfolk and tourists alike



GUEST COLUMN

Mike Koloski

strolled past the officer with little notice or concern. They seemingly felt safe in his presence. Not I.

I felt anything but safe. To say that I was a very naïve youth would be an understatement. As a recently promoted 3rd Class Cadet in the U.S. Coast Guard Academy, I was a little over a year removed from my rural Ohio roots. A year of intense indoctrination at the Academy and recent port calls at Halifax, Dublin and Antwerp did little to season me.

Strolling with Irish shop girls and twisting the night away in Belgian dockside taverns may have given me the temerity to swagger a bit as I walked down the sun drenched *avineda* in Las Palmas, but the veneer of worldliness was thin indeed.

That soldier of Dictator Francisco Franco's regime scared the salt right out of me.

In 1962, the sight of a militarily equipped authority on a city street would have been anathema in the United States, even in our most cosmopolitan of cities. The sheriff's patrolmen in my rural county were seldom seen outside their patrol cars, and city foot patrols twirled nightsticks not submachine guns.

The thought of that Guardsman's weapon being trained on me caused me to break out in a sweat and instantly curb my swagger.

I meekly walked past the soldier (who in truth may have been only a few years older than I) with my "eyes in the boat" and a lump in my throat.

Fifty-five years later, we find heavily armed police in public places a routine part of life throughout Europe and the UK. The increased use of SWAT in the U.S. and the nature of the current administration portend the possibility that we could follow suit.

The Department of Homeland Security has recommended armed patrols in major U.S. airports as recently as 2014.

I fear that we as a society may become so inured to mayhem and violence that we could come to accept heavily armed police as a necessary fact of life.

Before that comes about, we need to ask ourselves — would we feel safer with armed patrols in our airports, malls and city streets as is now commonplace in other countries? Perhaps.

Do more guns in the right hands always further our personal security? Perhaps.

However, for me, even as a firm supporter of the Second Amendment to the U.S. Constitution, I can truthfully say that, deep down, the thought of this possibility frightens me. Much as did the sight of the Guardia Civil on the streets of Las Palmas in 1962.

Mike Koloski of Enterprise is a commander, U.S. Coast Guard, retired

Lifestyle choices help prevent breast cancer

Breast cancer is the angst of every woman, and deservedly so. It is the second most common cancer in women and affects one out of every eight ladies.

In 2017, nearly 250,000 women will receive a diagnosis of breast cancer and more than 40,000 will die in the U.S. Many think it only happens in older women, but I've seen it occur in ladies as young as 20.

October is Breast Cancer Awareness Month, and everything goes pink. The pink ribbon program has expanded to all types of organizations, including the NFL.

This is all in the hopes that increased awareness will lead to earlier detection and better survival. Various strategies like the pink ribbon program, self-breast exams and regular mammograms are especially promoted during this month.

We are blessed in our community to have one of the top-of-the-line advanced 3-D mammogram machines. Over the last few decades, many medical advances have resulted in higher survival rates for breast cancer. Yet, nearly all the education and awareness is focused on early detection, as if breast cancer is inevitable, with little emphasis on prevention.



GUEST COLUMN

Kenneth Rose

While getting breast cancer is not a death sentence, wouldn't it be even better if a woman didn't get it in the first place?

There is more to prevention than the extreme measures of "preventive mastectomies" where their breasts are surgically removed on the off chance that they might someday develop breast cancer.

Ample evidence in the medical literature has shown that breast cancer can be attributed in part to lifestyle factors such as our diet and levels of activity. High lignin intake (a class of plant nutrients) is associated with reduction in breast cancer risk.

And the highest concentration of lignin comes in crushed flaxseeds, where a teaspoon of ground flaxseeds a day is associated with a 20 to 30 percent reduction in the risk of getting breast cancer.

Additionally, a diet low in fat not only decreases the risk of getting breast cancer, but can also reduce the

incidence of death after getting breast cancer.

On the other hand, obesity leads to an increase in insulin-like growth factor which increases the risk of cancer.

Fatty tissues are capable of manufacturing and storing estrogen-like compounds which may fuel the development and aggressiveness of breast cancers.

Fatty tissues also store a dozen or more inflammatory proteins that promote cancer growth. Patients with diabetes have a 23 percent increased risk of breast cancer developing and a 38 percent increased risk of dying of the disease compared with patients without diabetes.

Besides preventing from developing it in the first place, the latest review from worldwide data by the American Institute for Cancer Research indicated that diet, physical activity and weight control are major contributors to long-term survival after getting a diagnosis of breast cancer.

The recommendations are to avoid inactivity and to find more ways to move throughout the day. Maintaining an ideal body weight is critical, as excess weight results in more fatty tissues and more estrogen-like

compounds.

Additionally, the report suggests an increase in soy products improves survival, as well as an increase in fiber intake through healthy fruits and vegetables.

Fiber inhibits the absorption of estrogen in the gastrointestinal tract and results in decreased estrogen levels.

While the focus of lifestyle medicine is on the prevention of disease, it is increasingly recognized that the real issue in health care — lifestyle — should become the primary prescription for the leading causes of many of our common diseases, including lifestyle associated cancers like breast cancer.

Hippocrates (460 BC), the Father of Medicine, had it right when he said many years ago, "Let food be thy medicine and medicine be thy food," and "If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

Make daily lifestyle choices that promote health and well-being.

Dr. Kenneth D. Rose, MD, is a general surgeon at Mountain View Medical Group in Enterprise.

WHERE TO WRITE

Washington, D.C.

U.S. Sen. Ron Wyden, D — 516 Hart Senate Office Building, Washington D.C. 20510. Phone: 202-224-5244.

U.S. Sen. Jeff Merkley, D — 313 Hart Senate Office Building, Washington D.C. 20510. Phone:

202-224-3753.

U.S. Rep. Greg Walden, R — (Second District) 1404 Longworth Building, Washington D.C. 20515. Phone: 202-225-6730. Medford office phone: 541-776-4646.

Salem

Gov. Kate Brown, D —

160 State Capitol, Salem 97310. Phone: 503-378-4582. Fax: 503-378-8970. Web site: www.governor.state.or.us/governor.html.

Oregon Legislature — State Capitol, Salem, 97310. Phone: (503) 986-1180. Web site: www.leg.state.or.us (includes Oregon Consti-

tution and Oregon Revised Statutes).

State Rep. Greg Barreto, R-Cove (District: 58), Room H-384, State Capitol, 900 Court St. N.E., Salem OR 97301. Phone: 503-986-1458. E-mail: rep.gregbarreto@state.or.us. Web site: http://www.oregonlegisla-

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A Non-Profit Community Health Center

HAPPY RETIREMENT JOYCE!

In 1979, Joyce was involved in creating a Quick Response Unit in the remote area of Montana where she lived. Joyce was an EMT Basic and responded out of a station wagon. Thanks to Joyce, the QRU unit is still in operation today and now has a fleet of ambulances serving the remote areas of Montana.

Joyce and her family moved to Enterprise, Oregon in 1991. She was granted reciprocity that allowed her to volunteer as an EMT Basic for the Wallowa County Health Care District. She advanced her career to become an EMT-Intermediate and 2006 she became a full time employee for The Wallowa County Health Care District. She has been a dedicated employee for a total of 26 years with the District. Joyce has served tirelessly for a total of 38 years in EMS.

She's busy with 3 children, 7 grandchildren and one great grandchild. In her spare time she grows a bountiful garden, quilts and is an avid hunter. In 2016, Joyce was awarded the State of Oregon Lifesaving Medal. While off duty, Joyce performed the Heimlich Maneuver on a choking victim in a restaurant.

She also teaches CPR and First Aid classes through Blue Mountain Community College. If you need to contact her for her CPR and First Aid courses, please call Wallowa Memorial Hospital at (541) 426-3111.

The public is invited to join us at The Enterprise Christian Church located at 85035 Joseph Hwy in Enterprise for a dessert social from 6-8pm on Nov 3rd in honor of Joyce's retirement and to thank her for her years of dedicated service.