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*Proudly serving the community
since 1966!*

Franklin Rescue Service is primarily a volunteer organization; proudly serving the Town of Franklin since 1966.

Originally established as part of the Franklin Fire Department, patients were transported to the hospital in a hearse. Technology has changed and the service now has a new ambulance, fourteen certified members and numerous drivers who answer the radio 24 hours a day, 7 days a week.

For more information about Franklin Rescue Service, to volunteer, submit ideas or to be added to the email or hardcopy mailing list for upcoming newsletters, or to contribute to the Squad's general fund, please contact Jennifer Mullen Wright, Squad Leader.

The Pulse is published by Franklin Rescue Services for informational purposes only. The information contained herein is not intended to diagnose, treat, cure any disease or in any way replace the information provided by your physician. This newsletter was compiled and written by Jennifer Mullen Wright, Squad Leader and edited by the officers of Franklin Rescue, Polly Gadbois, Assistant Squad Leader/Treasurer; and John Burley, Training Officer. Any questions, comments or concerns should be directed to Franklin Rescue Service at the numbers or addresses listed above.

Halloween Safety Tips for Kids

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

☛ Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.

☛ If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Better still use artificial lights made especially to light pumpkins. Some make a light that looks like a flickering candle flame.

☛ Trick or treating isn't what it used to be. It's not as safe to let kids walk the streets alone. Send a responsible adult or older teenager with them.

☛ Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury of fallen on.

☛ Kids always want to help with the pumpkin carving. Small children should not be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by the as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you carve for them.



☛ Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy you collect before you have a chance to check it for them.

☛ Check your local grocery store or craft store for Halloween cookbooks full of tasty treats on a horror theme for both kids and adults.

☛ Teaching your kids basic everyday safety such as not getting into cars or talking to strangers and watching both ways before crossing streets will help make them safer when out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

Source: Halloween Safety Guide (www.halloween-safety.com), Accessed August 13, 2008

Franklin Rescue Service



The Pulse



Making Your Health and Wellness Our Top Priority

Volume 1, Issue 3 September–November 2008

September is Cholesterol Awareness Month

Cholesterol is a naturally occurring substance in the human body. It plays an important role in cell formation and everyday bodily functions. Too much total cholesterol or too much bad cholesterol can lead to heart disease, heart attack or stroke.

The two main factors affecting our cholesterol levels are heredity (75%) and diet (25%). We can't choose our parents; they provided us with the blue print for how our bodies produce and process cholesterol. The balance of our cholesterol is consumed through food, primarily animal products. Controlling diet and exercise help to reduce our overall cholesterol level as well as improve the balance between "good" and "bad" cholesterol.

LDL (low-density lipoprotein) is the "bad" cholesterol. Too much LDL can collect on the walls of your arteries causing them to become narrow and less flexible. Hardening of the arteries can result in increased blood pressure. When a clot forms and blocks a narrowed artery in the heart or the brain, a heart attack or stroke will occur.

HDL (high-density lipoprotein) is the "good" cholesterol. HDL removes cholesterol from the blood stream and transports it back to the liver so that it can be processed out of our bodies. About 25% to 35% of the cholesterol in our bodies is good cholesterol. Women of child bearing age have increased HDL levels resulting from the hormone estrogen in their system. Post-menopausal women, especially those on hormone therapy, should speak with their doctor about LDL lowering therapy in conjunction with their hormone treatment.

Cholesterol levels can be maintained by lifestyle changes and pharmaceutical therapies. The main opportunity for improvement of your cholesterol levels is to engage in regular physical activity, eat a healthy diet and avoid tobacco smoke. When lifestyle changes are unsuccessful in lowering or improving your cholesterol, your doctor may recommend one of several medications to help your body process cholesterol better. Having your doctor check your cholesterol regularly and work with you on some positive lifestyle changes will go a long way toward lowering your risk of heart disease.

Sources: Adapted from the American Heart Association

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DAYTIME DRIVERS NEEDED:

Franklin Rescue is looking for volunteers to drive the ambulance between the hours of 6:00 a.m. and 6:00 p.m.

Clean driver's license required, training provided.

If you are interested, please contact Jennifer Wright at 802-285-2050.



Spread the Word, Not the Germs!!

4 Principles of Hand Awareness:

1. **Wash** your hands when they are dirty and **before** eating.
2. **Do not** cough into your hands.
3. **Do not** sneeze into your hands.
4. Above all, **do not** put your fingers in your eyes, nose or mouth.

Reprinted with permission from Henry the Hand, Champion Handwasher (www.henrythehand.com)

October is Breast Cancer Awareness Month



Mammography Screening

Mammography Screening remains the best available method to detect breast cancer early. However, no medical test is always 100 percent accurate, and mammography is no exception. Research is underway to improve the technology to lead to better accuracy and create new technologies.

In 1992, the U.S. Congress passes the Mammography Quality Standards Act to ensure that mammography facilities throughout the country are of high quality and are reliable. To lawfully perform mammography, each facility must prominently display a certificate issued by the U.S. Food and Drug Administration (FDA). This certificate serves as evidence that the facility meets quality standards.

It is important for women to practice the elements of good breast health. It is suggested women:

- Obtain regular mammography screening starting at the age of 40
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician

For more information about mammography screening, please refer to the American Cancer Society's Website. For screening locations, visit the American College of Radiology.

Source: National Breast Cancer Awareness Month (www.nbcam.org). Accessed August 12, 2008

Can We See Your House Number?



Something happens and you have to call 9-1-1 at 3:00 a.m., you are excited, upset, probably in pain and all you want is for someone to show up and help.

Can the ambulance or the fire department find your house?
Is the number visible from the road?

Franklin Rescue has single and double-sided, reflective house number signs available.

Single-sided sign (for your house or camp) - \$15.00
Double-sided sign (for mailbox or post) - \$17.50

Four Basic Rules of Safe Hunting

Most hunting incidents are caused by carelessness. Follow these four basic rules of safe hunting:

1. Treat every gun as if it is loaded
2. Point your gun in a safe direction
3. Keep your finger off the trigger until you are ready to shoot
4. Be sure of your target and beyond.

Always wear fluorescent hunter orange while hunting. Even if it's not required by law, help distinguish yourself from the background by wearing orange. Finally, only hunt with individuals that are as safe as you. Refuse to hunt with individuals who won't follow these basic safety tips.

Source: VT Dept. of Fish & Wildlife, Washington Dept. of Fish & Wildlife.

As Winter Approaches so does the Flu

The single best way to prevent the flu is to get a flu vaccination each year. You can get the vaccine at your doctor's office and at some workplaces, supermarkets, and drugstores. There are two types of vaccines.

Flu shot. Given using a needle, the flu shot injects a person with a vaccine that contains an inactive virus that has been killed with heat, chemicals, or radiation. Because the virus has been killed, it cannot infect you. The flu shot is approved for use in people six months of age and older, including people with chronic medical conditions.

Nasal spray flu vaccine (FluMist). The nasal spray flu vaccine (sometimes called LAIV for *live attenuated influenza vaccine*) is made with live, weakened flu viruses that generally cannot cause the flu. There is an extremely small risk that the virus in LAIV could mutate (all living organisms can mutate) and regain the ability to cause the disease. This risk is greatest in people with already-weakened immune systems. Therefore LAIV is approved only for use in healthy people 2 to 49 years of age who are not pregnant. People who are 50 or older, are pregnant, or have a weakened immune system (or live with someone who does) should get the flu shot instead of the nasal spray.

No matter which vaccine you get, about two weeks after vaccination, your immune system develops proteins called antibodies that protect against infection from flu viruses. Flu vaccines will not protect you from colds or other flu-like illnesses caused by non-influenza viruses.

You must get a flu vaccine every year to be protected. Scientists make a different vaccine every year, because the strains of flu viruses expected to infect people change from year to year. The vaccine preparation is based on the strains of the flu viruses that scientists anticipate will circulate that winter. Sometimes an unpredicted strain may appear after the vaccine has been made. This is why you may still get the flu, even if you've been vaccinated. But if this happens, the disease is usually milder, because the vaccine will give you some protection. A flu shot cannot cause the flu, but if you were to be exposed to a different flu virus right before you got vaccinated, you could get the flu and think it was because of the vaccination.

October to November is the best time to get vaccinated, but getting vaccinated in December or even later can still be beneficial since most influenza activity usually occurs in January or later. The flu season can last as late as May.

Who should get vaccinated?

In general, everyone who wants to reduce his or her chances of getting the flu should get vaccinated. Getting a flu vaccine is especially important for people at high risk for serious flu-related complications and those who live with or care for people at high risk, including:

- children ages six months to five years
- children under age 18 who are on aspirin therapy
- pregnant women
- people age 50 and older

- people of any age with anemia, diabetes, a compromised immune system, or chronic medical conditions of the heart, lungs, or kidneys
- people who live in a nursing home or other long-term care facility
- medical personnel
- Children younger than six months cannot get vaccinated, so it is important for people living with these children to do so.

Who should think twice about getting vaccinated?

Certain people should consult a physician before being vaccinated. They include:

- People who have a severe allergy to chicken eggs. Viruses used in the production of the vaccine are grown in chicken eggs. The flu vaccine may contain some egg protein, which can cause an allergic reaction if you are allergic to eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barré syndrome within six weeks of getting an influenza vaccine in the past.
- People who have a moderate or severe illness with a fever. These people should wait until their symptoms improve to get vaccinated. It is fine to get a flu vaccine if you have a mild cold with no fever.

Talk with your doctor if you have questions about whether you should get a flu vaccine.

Flu shot side effects

The most common side effect of a flu shot is soreness at the site of the vaccination. Other side effects, especially in children who have not previously been exposed to the flu virus, include fever, tiredness, and sore muscles. These side effects may begin 6 to 12 hours after vaccination and can last up to two days.

Source: Patient Education Center—ww.patienteducationcenter.org, Accessed September 11, 2008



Come See Us on the Web:

http://www.franklinvermont.com/franklin_rescue1.htm