

Answering Questions On Pneumonia Shots Copyright Premiums

Question: I had a pneumonia vaccine about 10 years ago. Is it good for life?

Answer: The Centers for Disease Control and Prevention say, "Usually one dose of PPV pneumococcal polysaccharide vaccine better known as the pneumonia vaccine is all that is needed for life ." However, there are many exceptions to that general rule:

"A second dose is recommended for those people aged 65 and older who get their first dose when they were under 65, if five or more years have passed since that dose."

A second dose is also recommended for people who have a damaged spleen or no spleen, sickle-cell disease, HIV infections or AIDS, cancer, leukemia, lymphoma, multiple myeloma, kidney failure, nephrotic disease, a marrow or bone marrow transplant or are taking medications that lower immunity (such as chemotherapy or long-term steroids).

Children 10 years old and younger may get the second dose three years after the first dose. Those older than 10 should get it five years after the first dose.

Question: What does a copyright sign () mean if the c is turned backwards?

Answer: That's called a copyleft. This is defined by a dictionary called Geekapedia, a supplement to Wired magazine, as follows: "Anyone is free to copy or alter the work, as long as the results are likewise unfettered."

Question: How can I make sure my grandmother pays her premium for long-term care insurance? She's fine but is sometimes forgetful.

Answer: Some companies give the policyholder the right to designate someone to receive notice when the premium is not paid on time. Check to see if the company has such an arrangement. Another possibility is to put the premium on some kind of automatic bank account deduction.

Question: If I buy one of these charitable annuities, how do I know the charity, college or other institution will be strong enough to survive and make payments when due?

Answer: You have to see what is backing that charitable annuity under which the charity, in exchange for a lump sum (say \$25,000), agrees to pay you a monthly or yearly sum for life. For example, Hillsdale College offers these annuities, as do many other institutions. It says its entire asset base of \$500 million stands behind the promised payments. It offers to provide a copy of its most recent audited financial statements detailing its asset base and liability obligations. You should do a complete financial analysis of the institution, considering its history, its experience with granting charitable annuities, its reputation and the like.

Question: I read your piece on soup and the importance of getting volume in food to bring about satiety. Can you give another illustration of what that means?

Answer: The authors of the book *The Volume Metrics Weight Control Plan* give this example. You might decide to limit your snacks to 100 calories each. That means if you went for jellybeans, you could eat a serving of one ounce, or about 10 jellybeans. In contrast, for those 100 calories you could have 1 cups of orange sections or 2 cups of strawberries. The idea of the diet is to try to get as much volume and weight per calories as possible.

Question: Can you test blood sugar without needle sticking?

Answer: I've read they are working on it, but a Mount Sinai School of Medicine publication points out that non-stick testing devices are not yet available. It does offer some suggestions. Some meters take less blood than others (e.g., One-Touch UltraSmart and Accu-Check Aviva), so you can get it from another area of your body instead of your finger.

Question: Does credit scoring take into account where the money to pay bills is coming from?

Answer: One book on the subject answers your question this way: "What the current credit scoring system does take into account, of course, is how well an individual has managed to make payments in the past. There are a number of obvious flaws in the system. One, the debtor could be scrounging from friends and relatives to cough up the minimum payments every month, disguising their true ability to pay. Two, they could be 'surfing' - paying off their bills with more, high-interest credit. And three, their financial situation could change dramatically within a short period of time." This is from James D. Scurlock's *Maxed Out: Hard Times, Easy Credit, and the Era of Predatory Lenders*.

Question: Is there a list of the most common books held in libraries?

Answer: Yes. The Online Computer Library Center (OCLC) put together a list of the top 1,000 at [www.oclc.org/research/top 1000](http://www.oclc.org/research/top%201000). I came across it in a valuable book called *A Reading Teacher's Book of Lists*. Here are the top 10:

Census

Bible

Mother Goose

The Divine Comedy by Dante Alighieri

The Odyssey by Homer

The Iliad by Homer

The Adventures of Huckleberry Finn by Mark Twain

Hamlet by William Shakespeare

Alice's Adventures in Wonderland by Lewis Carroll

The Lord of the Rings by J.R.R. Tolkien.

Shakespeare had the most books on the list (40). He is followed by Charles Dickens (16) and John Grisham (13).

Question: Can what you eat and drink increase your chances of having kidney stones?

Answer: Yes. The Penn Clinical Manual of Urology, edited by Dr. Alan Wein and others at the University of Pennsylvania Health System, lists the following dietary factors:

* "High animal protein and sodium intake increase the risk of calcium stones. There is a new trend toward low carbohydrate diets with increased animal protein.

* "High purine diets lower urinary pH and cause hyperuricosuria.

* "Vitamin B6 (pyridoxine) deficiency results in increased formation and excretion of oxalate.

* "Dehydration, inadequate fluid intake, vitamin C excess, calcium supplements, and calcium-containing antacids contribute to stone formation."

Question: Can you make an argument that global warming will help more than it will hurt?

Answer: A Danish political scientist, Bjorn Lonborg, in his book *The Skeptical Environmentalist*, writes that by temperatures rising 3 degrees in Britain by mid-century, there will be 2,000 more deaths. But there will be 20,000 fewer deaths caused by cold. His point is that you can't decide complicated public policy issues on the basis of one statistic such as 2,000 deaths due to global warming.

Question: Does it make sense to outlaw pitbulls and similar breeds?

Answer: It's been done because of incidents in which these dogs have attacked humans. However, the argument against such breed-specific legislation is well-stated in a new book by Liz Palika, *The Howell Book of Dogs: The Definitive Reference to 300 Breeds and Varieties*: "This type of law punishes a group of dogs when the blame should be put upon the individual dog and owner. Not all dogs of a given breed are dangerous. However, an irresponsible dog owner can make just about any dog dangerous, given the situation. Legislation should target dogs and dog owners, not breeds."

Question: When will the country-of-origin law finally go into full effect?

Answer: On Sept. 30, 2008. The law was a provision of the Farm Security and Rural Investment Act of 2002. It required country or origin labeling on fish, beef, pork, lamb, perishable agricultural products and peanuts. The fish and shellfish provisions went into effect in 2004, but the rest of the labeling requirement, as indicated, go into effect in 2008. The law does not cover processed foods and those made up of multiple ingredients.

Question: Can we rely on the media and public opinion to prevent genocide?

Answer: There's an interesting discussion of this entitled "What Journalism Can't Do" in the *Columbia Journalism Review* (September/October 2007): "It seems our brains have evolved to be very good at responding to immediate threats - the predator in the bush, the friend caught in a flood - but fail to act when large, far-off groups are in danger. We have what amounts to old parochial brains in a new globalized world." As a consequence, the authors write, we must "design legal and institutional mechanisms that will enforce proper response to genocide and other crimes against humanity." I think the authors omit a key element: We must enforce proper response to attempted or threatened genocide and not wait until after the fact. That means we ought to do something about Iran and Ahmadinejad now and not wait until he carries out one of his countless threats.

Question: Does biofeedback really work?

Answer: Yes, and it is part of mainstream medicine now to treat such conditions as headache. The Mayo Clinic uses it, and says, "It can be learned using a variety of monitoring devices - such as those that measure heart rate, skin temperature and even brain activity. ... Biofeedback training is taught in physical therapy clinics, medical centers and hospitals."

Question: How far behind a school bus are you supposed to stop when it has its red lights flashing?

Answer: You must stop at least 10 feet away from the bus. Twice as many children are killed while getting on and off of school buses than while riding in them, according to the National Highway Transportation Safety Bureau.

Question: How heavy do you have to be before considering bariatric surgery?

Answer: The National Institutes of Health established these guidelines related to weight and body mass index (BMI):

* Body-weight greater than 100 pounds above ideal body-weight

* BMI greater than 40 or greater than 35 with medical complications related to obesity, including high blood pressure, diabetes, sleep apnea, or gallbladder disease

* A documented history of weight management and weight loss attempts with supervised diets and exercise programs

* No indication of active alcoholism, active drug addiction or major psychiatric disorder

Those are the guidelines, as stated by the Bariatric Surgery Program at the University of Pennsylvania Health System.

Question: Do the different kinds of salmon have pretty much the same nutritional value?

Answer: There are some significant differences. For example, a three-ounce serving of Atlantic salmon has 180 calories, Coho Salmon 120 calories, Chum Salmon 130 calories and Sockeye Salmon 180 calories. There are differences in other nutrients such as sodium, cholesterol, and fat.

Question: Is Islamic extremism, terrorism, fascism, or whatever you want to call it a kind of religion?

Answer: No, it is a political movement. Here is how it is described by Michael Novak in an article entitled "The Ebb and Flow of Global Liberty" in The American Spectator (June 2007): "Islamic terrorism is a new form of political totalitarianism. Although it masks itself in the trappings of a selectively primitive form of Islam, this movement is, once its self-deceiving mask is torn away, primarily political. It is political, military, and totalitarian as is evident in its express ambitions, its energizing motivations, its ends, its methods. It has no respect for Muslim mosques, or prayer services, or imams, or worshipers. It will destroy them indiscriminately if that is in its temporary military interest. This political movement is fed by fierce resentment of what its members perceive to have been five centuries of subservience to morally inferior Western societies, whose sole temporary advantage is superior technology."

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This article is about various facts and information about giving your pet dog required vitamins so that they have a balanced diet just like human beings.

All natural dog, cat and ferret supplements. Vitamin supplements for arthritis dogs a balanced nutritional vitamin treatment for your arthritis.

Only Natural Pet Super Daily for dogs and cats is a multi vitamin and mineral supplement for canine and feline dogs, cats, puppy, kitten.

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