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Wipes, Catheters, Catheter Kits,
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for those who:

- ✓ Have a **Medical Condition (Physical or Mental)**
- ✓ Are qualified **Texas Medicaid** recipients or Medicare MQMB
- ✓ Are 4 years or older
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SABIA USTED

¿que uno del los Beneficios de Medicaid es ayudar con pañales/diapers para los clientes que un perdió el control del la vejiga de la urina?

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* Los niños de 4 años a 20 años deben estar con inscripcion de Medicaid y tener una necesidad para los suministros.

* Los niños hasta los 4 años deben estar con inscripcion en Medicaid y mostrar una necesidad para una cantidad excesiva o abnornal de los insumos.

How Our Program Works:

- > Call Us Today
- > We will contact your doctor
- > We will complete all paperwork for you
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¿Que Pasa?

CHESS CLUB AT THE MAHON LIBRARY

Kids and teens can play chess at the Mahon Library, 1306 9th Street, on Monday, December 19 from 3:30 to 5 p.m. Beginners to experts welcome. For more information, call the library at 775-2838.

TEEN MOVIE AT GROVES BRANCH LIBRARY

Teens in grades 6 through 12 are invited to watch a movie at the Groves Branch Library, 5520 19th Street, at 2 p.m. on Tuesday, December 20. For the movie title or other information, please call the library at 767-3733.

LEARN TO KNIT AT GROVES BRANCH LIBRARY

Come to the Groves Branch Library, 5520 19th Street, and learn the basics of Continental style knitting on Tuesday, December 20 at 6:30 p.m. Bring size 8 knitting needles and worsted weight yarn. For more information, please call the library at 767-3733.

CITIBUS UNVEIL ITS NEWEST HYBRID ELECTRIC BUSES

Citibus is proud to unveil its newest family of 2 eco-friendly Hybrid Electric buses. No cost was incurred by the City of Lubbock for the new buses. The buses were paid for by Federal grants along with Transportation Development Credits from the state of Texas. Each hybrid bus could save as much as 40% on fuel costs compared to the current conventional Diesel bus fleet.

This is the second step toward reaching our goal of changing the entire Citibus fleet to alternative fuel and shrinking the carbon foot print in our city. Citibus received six e-Hybrid buses back in November of 2009, which have proven cost effective in consuming almost half the amount of diesel than our other buses, which is a daily savings of \$75.00 per bus.

These new buses are 35 feet long and seat 32 passengers and up to 2 full size wheelchairs. This fleet is fully ADA compliant and along with the sleek new design, it is a quieter ride, even though it has a diesel engine.

The Allison Electric Drive transmission regenerates the electricity as the driver slows the bus down in drive mode - thus the name hybrid- electric.

These buses come with six security cameras installed on each bus for the overall safety and well-being of our passengers and drivers. The cameras are located inside the bus and record both internal and external data.

BOOK DISCUSSION AT PATTERSON BRANCH LIBRARY

The Left-to-Right book discussion group will meet at the Patterson Branch Library, 1836 Parkway Drive, at 2 p.m. on Saturday, the December 17. This month's discussion book is "Still Waters" by Patricia Haley. Copies of the book are available for checkout at the library. For more information, call the library at 767-3300.

CATHOLIC FAMILY SERVICES

DONATIONS of canned goods and money are always welcome, especially during the holidays. Donations can be dropped off or mailed to Catholic Family Service, 102 Avenue J, Lubbock 79401. New or gently used toys may be dropped off at the Resale Center, 2218 34th, Lub.

SOUTH PLAINS YOUTH SUMMIT

SOUTH PLAINS YOUTH SUMMIT - "Equipped, Informed & Connected" - Saturday, January 7, 2012, 9 a.m.-3 p.m., Science Spectrum Education Building, 2579 South Loop 289, Lubbock. Lunch will be provided. Topics include: suicide prevention, teen pregnancy, distracted driving, child abuse, tobacco education, teen straight talk, resources. There is no cost to attend this summit. Lunch will be provided. To receive a registration form please contact Tricia Vowels, 806-783-6482 or tricia.vowels@dshs.state.tx.us

ST MONICA MINISTRY WORKSHOPS:

Dr. Jack Buchner of Baltimore, founder of the ministry will speak about and lead a healing, prayerful response for those who have friends and loved ones who have left the Church. Christ the King Cathedral will host a morning workshop in the Family Activity Center, 4011 54th Street, on January 14, 10 a.m. to 12:30 p.m. Saint John Neumann Church, 22nd and Frankford, will host the workshop from 1:30-4 p.m. the same day. There is no charge, but Dr. Buchner's book will be available to buy for \$10. To register for one of the two workshops, contact Tricia Vowels, tvowels@sbcglobal.net, or 806-793-9283

HELP! Looking for Girl Scouts

GS DeColores Service Unit is looking for Girl Scouts who were part of a troop in the 79415 zip code area or any Troops in District 1. Whether you were a Girl Scout for one year or more, or maybe you were a leader, we are looking for you. Please contact Margie Olivarez at olivm@sbcglobal.net or 806-791-3040. A Girl Scout Reunion will take place in March and we would love for you to be a part of it.

Information we are needing: Name, Address, Phone, email, your Troop # if you remember, Troop leader, what grades you participated in Girl Scouting and favorite memory.

HOMEMADE CHRISTMAS TAMALES

HOMEMADE CHRISTMAS TAMALES - provided by Serra Club of Lubbock. Prepaid orders may be sent to Jim Christy, 5904 83rd, Lubbock 79424 or to Brother John's Bookstore, 1302 Slide Road, Lubbock 79415. Prepaid, mailed orders MUST be received by November 20. Make checks payable to Serra Club of Lubbock. Pick-up is on Saturday, December 17, 8 a.m.-1 p.m. at Saint Elizabeth Hanly Hall, 2307 Main Street, Lubbock. \$8/dozen, hot or mild. Call 798-1319 for more information. All proceeds will go toward fostering vocations in the Diocese of Lubbock.

VOLUNTEERS NEEDED

Catholic Family Services and AARP Tax-Aide* are partnering to provide free tax services, by appointment, during the 2012 tax season. We are looking for volunteers to assist in tax return preparation and other volunteer duties. Many kinds of volunteer opportunities are available from tax counselor to greeters to technology help. The schedule of services has not been confirmed but would be offered on select Saturdays and possibly some evenings between February 1st and April 15th. Volunteers do not need to be an AARP member or retiree to participate. Tax-Aide volunteers receive free tax training and the only requirement is that a volunteer be computer literate to prepare returns. The 20-hour training sessions will be held in January on Saturdays or possibly evenings depending on the prospective volunteer's availability. If you are interested in finding out more about this opportunity, please call 806-765-8475 at Catholic Family Service.



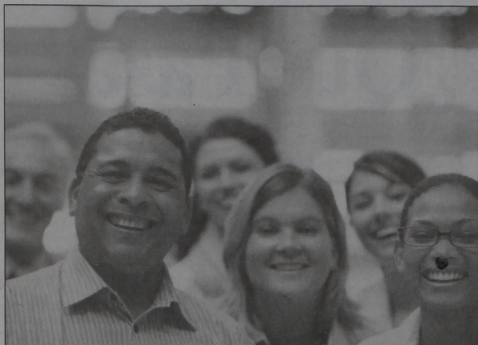
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Living with diabetes?

Learn how to live well with diabetes by attending a series of free educational classes offered by Covenant Community Outreach for those who are uninsured or financially in need.


Four-week series that meets
Thursdays 9:30 - 11:30 a.m.

Covenant Counseling Center, 1302 Broadway

- Nutrition education by a registered dietician
- Diabetes management skills
(including the emotional aspects of diabetes)
- Free glucometer
- Voucher to purchase 50 glucometer strips for \$5 or 100 for \$10

To see if you qualify for the class, call 806.725.5218.

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Provided by Covenant Community Outreach.

New 'Billy the Kid' PBS documentary explores his Hispanic ties, violent NM ethnic war

His mythical exploits and jail escapes made this son of Irish immigrants one of the nation's most famous Old West outlaws. Yet fewer know that the man widely known as Billy the Kid was a central figure in a violent, Irish-English land war in New Mexico, and was beloved by Mexican-American ranchers who felt discriminated against by racist white bankers and land thieves.

And the Kid's end came only after he refused to abandon his Mexican-American teen girlfriend.

Despite hundreds of stories and books, movies, songs and even poems covering the notorious Billy the Kid, the PBS series American Experience is joining in exploring his life and myth with a new documentary set to air in January. Filmmaker John Maggio said this documentary will focus less on Billy the Kid the legend and more on Billy the Kid the human being.

"His whole life he was searching for a home," said Maggio. "There was more to him than the fact that he killed and was an outlaw."

Born Henry McCarty, likely in New York City, he came to New Mexico with his mother while searching for a better economic future. It was in Silver City, N.M., that a young Billy the Kid learned Spanish and Mexican dances as he mingled easily among the territory's large Mexican-American population when others from the East Coast didn't even bother, according to Paul Hutton, a University of New Mexico American West historian, who appears in the new film.

When his mother died of tuberculosis when he was 15, Billy the Kid was left an orphan and raised largely by a Mexican-American rancher and sheepherder. This helped the Kid later when

he was on the run from the law



and was given shelter by poor Mexican-Americans ranchers he befriended, Hutton said.

To emphasize this, Maggio included in the film Latina novelist Denise Chavez and Naive American writer N. Scott Momaday, who discuss their beliefs that Billy the Kid was a viewed as a hero by those facing discrimination in the old territory, despite his reputation as a horse thief and outlaw.

The PBS documentary also focuses the dueling interests of cattle ranchers from Ireland and Britain who brought old hostilities from Europe to the plains of New Mexico. The Kid was swept up in what was known as the "Lincoln County War" after his British mentor was gunned down by a corrupt Sheriff William Brady. Billy the Kid organized the assassination of Brady in revenge, which escalated into a war between factions.

The film also discusses the Kid's love for Paulita Maxwell, the daughter of a Mexican-American landowner. When he was being chased down by another sheriff, Billy the Kid refused to leave Maxwell for safe haven south of the border. Her brother tipped off Sheriff Pat Garrett who eventually gunned down the 21-year-old Kid at the Maxwell's Fort Sumner, N.M. home. For decades, Billy the Kid has

been an important figure in New Mexico's Old West past and any story mentioning him often generates a lot of attention, as well as a lot of disagreements over historic detail.

When former New Mexico Gov. Bill Richardson considered a much-belated pardon for Billy the Kid after an Albuquerque attorney petitioned, it sparked international news and controversy, to cite one recent example.

Richardson's office received 809 emails and letters in a survey about the pardon with most favoring it. He left office without granting the pardon.

Gov. Susana Martinez, in the days leading up to her inauguration, announced she would not consider the pardon of the state's most famous outlaw. "There's an awful lot of work to be taken care of for us to be wasting so much time on such a consideration," Martinez said.

However, earlier this year the state's tourism department launched a "Catch the Kid" summer campaign aimed at promoting travel around the state. Under the campaign, the state offered a \$10,000 reward for the capture of Billy the Kid during a game where clues were handed out at various events. Two groups of hunters "caught" the Kid at Expo New Mexico at the State Fair in September.

American Experience executive producer Mark Samels, who also produced an upcoming documentary of George Armstrong Custer, said people remain fascinated with Billy the Kid, partly because he lived such a short life and because he made headlines in the American West when he was alive.

"The West is a place of mystery, a place of extremes," said Samels. "Billy the Kid is part of that history as a rebel."

Questions? Comments?
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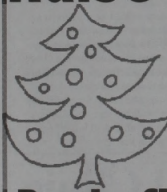
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Pancho Clos he will be arriving
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Pancho Clos
El y Paula son primos. Pancho tiene hermanos
cuatro de nombres y uno dice ha, ha, ha pero gueta A-juá!

He will be bringing bags of fruit and candy to all the needy kids in Lubbock and the surrounding area. "Pancho Clos" is sponsored by the American G.I. Forum, a veterans family non-profit organization, and they are celebrating their 40th. Anniversary since "Pancho Clos" originated here in Lubbock, TX. Three G.I. Forum members, Bidal Agüero, Guz Medina and Jesse Reyes, were responsible with this character and adopted by the American G.I. Forum. These members are now deceased, so we will recognize them this year for this great idea. We will also have the Girl Scouts, Solitos Car Club and several other car clubs and motorcycle clubs that have joined in celebrating this event. FOR MORE INFORMATION, PLEASE CONTACT ROBERT NARVAIZ AT 781-6277.

PANCHO CLOS INVITES ALL THE CHILDREN TO COME AND VISIT
WITH HIM AND LET HIM KNOW WHAT THEY WANT FOR CHRISTMAS.



McMurphy's Law: KSU, BSU being left out proves there's no BCS without BS

Kansas State athletic director John Currie understands how the conference champions' tie-in with the BCS bowls work. Unless a conference champion plays in the BCS title game, the Pac-12 and Big 10 champions meet in the Rose, the SEC champion goes to the Sugar, the Big 12 champion to the Fiesta and the ACC champion to the Orange Bowl.

"We can't go to the Rose Bowl and a school from a [non-Big 12] league can't go [as the league champion] to the Fiesta Bowl, because that's our relationship with the Fiesta," Currie said. "I can explain that to my student athletes."

What Currie can't explain to his student athletes is, well, everything else about the BCS bowl system. More specifically, how Boise State and Kansas State, ranked Nos. 7 and 8 in the final BCS poll, were bypassed by the Sugar Bowl No. 11 Virginia Tech and No. 13 Michigan.

The BCS continually reminds folks that its only job is to pair the Nos. 1 and 2 teams in a game for the BCS national title and the rest of the bowl matchups are up to what's best for the bowls. But, then again, the BCS also claims that "Every Game Counts."

"If we want to have five [BCS bowl] games which we determine - because of the tug we put on them as being the best five, then we might be at the point where we need to take more objective criteria into account," Currie told CBSSports.com.

"If we're going to have a label like [BCS bowl game] and have a formula and have a selection order, I'm not sure at the end of the day if we're accomplishing the goals we have in intercollegiate athletics in being more transparent to our public."

Oh, it's pretty transparent; it's not who you've beat, it's who you know. That's Good Ol' Boy Network 101.

Sugar Bowl CEO Paul Hoolahan said among the reasons his bowl selected Virginia Tech was because of his long-time relationship with coach Frank Beamer - "a very good friend throughout the years," Hoolahan said - and the bowl's familiarity with the Hokies.

Speaking of relationships and familiarity, did it also matter that Hoolahan and ACC commissioner John Swofford are both North Carolina alumni?

Hoolahan also banked on better television ratings with Virginia Tech and the Hokies selling more tickets. Yet on Monday, Virginia Tech said it has sold only 9,237 of its 17,500 tickets and is "asking Hokie fans ... to consider purchasing proxy tickets" and donating to charity or military organizations.

Michigan has sold 15,000 tickets while Virginia Tech is struggling to sell its official allotment - which the school ultimately will have to pay for the unsold tickets, resulting in the school losing money on its bowl trip (that Virginia Tech isn't the only school in that predicament). Kansas State sold out its allotment of 12,500 Cotton Bowl tickets. Actually, K-State didn't sell 12,500 tickets to the Cotton Bowl. The Wildcats sold 12,500 bowl tickets through pre-orders before they knew if they were headed to the Sugar, Cotton or Toilet Bowl.

Since they received the Cotton Bowl berth, they've sold nearly an additional 2,000 tickets, including 1,000 standing room-only passes to students, and have sold every single ticket the Cotton Bowl provided the school.

Last week, Currie took the blame for the Wildcats not landing in a BCS bowl.

"I let us down," said Currie, speaking as part of a roundtable group at the IMG Intercollegiate Athletics Forum at the Marriott Marquis. "Because I didn't know the people well enough to do whatever we were supposed to do. But if that's what we're going to be about, who had a relationship 40 years ago. I don't think that's the thing to stand up and tell student athletes. 'Hey, you get to do this or this because of somebody else's relationship.'"

To try and understand why the Wildcats weren't selected, Currie called the Big 12 office on the day the BCS bowls were announced.

"I wanted to understand the parameters, what we do, we always try to learn from things and do things better. I was interested to see how parameters of the decision came down," Currie said. "I didn't know if it was because TCU had reached automatic qualifier status or something else had happened or what. Baylor is 12th and has an unbelievably dynamic player [that won the Heisman]. I thought are they going?"

"I was just curious to see how all the rest of things had broken down that resulted in it landing where we landed."

The Wildcats landed in the Cotton Bowl. Most years, Kansas State would be thrilled with an invite to the Cotton Bowl. This year, however, Kansas State doesn't rank No. 8 in the BCS standings.

Boise State coach Chris Petersen also is perplexed by the BCS bowl selection process.

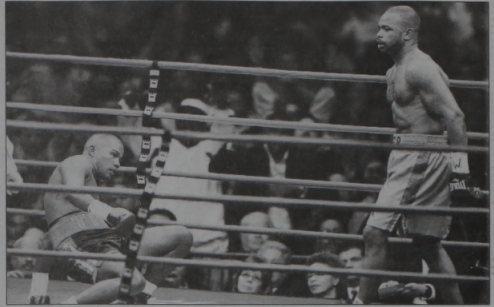
"Everybody is just very tired of the BCS," Petersen told reporters last week. "I think that's the bottom line. Everybody is frustrated. Everybody doesn't really know what to do anymore. It doesn't make sense to anybody. I don't think anybody is happy anywhere."

"It doesn't make any sense. I don't know who it makes sense to; I haven't heard anyone say 'they this is pretty good.' Everybody goes 'this is really bad.'"

Currie, though, stresses K-State is ecstatic about playing in the Cotton Bowl.

"We got a great deal," Currie said. "Nobody should feel sorry for us."

Roy Jones wins unanimous decision



Roy Jones Jr. won a 10-round unanimous decision against Max Alexander on Saturday night, snapping a three-match losing streak.

Neither fighter made a big impression, and there were no knockdowns in the fight at the Atlanta Civic Center. But Jones fought the more stylish fight while winning all three judges' cards: 100-90, 99-91 and 100-90.

The 42-year-old Jones (55-8-1) rarely pressed over the first seven rounds, but put together several combinations in the eighth and 10th rounds to beat Alexander (46-6-1).

"I'm feeling wonderful. I want a cruiserweight title, the world title," said Jones, who weighed in at 189 pounds. "This is just a start. I'm not through yet."

Alexander fell to 0-6-1 in his last seven fights, last winning in 2007.

Jones, the only fighter to win

world titles in four divisions, was knocked out in May by Denis Lebelev in Moscow with moments left in a match Jones appeared to be winning. Fatigue seemed an issue in that fight for the boxer once considered the world's best pound-for-pound fighter.

It was not an issue Saturday. Jones was simply pacing himself. He was so concerned about his stamina that even before pacing himself Saturday night he visited the Mayo Clinic.

"I went up there to get checked out. Make sure I was OK, make sure my heart was OK and all. And I was training hard like I should have been doing," Jones said. "Also, the thing I worked on was not spending so much energy, so much useless energy. Don't be bouncing around for nothing."

Jones pulled that off.

Prior to the eighth round, his best work came in the form of lunging - often well - lefts and rights as he kept his distance from Alexander.

Occasionally, Jones ripped off combinations in clutch situations as Alexander kept switching from right- to left-handed styles, but until the late rounds he was not impressive.

"He was taking his time, but I was there for the whole night," Alexander said. "He thought I was going to lay down. I could have done a little bit more. If it was a 12-round fight, I think I would have stopped him."

In the eighth round, as the fighters were clenched near Alexander's corner, Jones was working toward Alexander's corner men. Moments later, in the middle of the ring, Jones unleashed several combinations when his left hand found a weak spot to remind fans of his past.

"He was fast, still fast, still strong, but he never hurt me," said Alexander, who has never been knocked out.

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COMISIÓN DE CALIDAD AMBIENTAL DE TEXAS

AVISO DE SOLICITUD DE UN PERMISO DE ESTÁNDAR DE CALIDAD DE AIRE PARA TRITURADORA DE ROCA Y HORMIGÓN PERMANENTE

CALIDAD DE AIRE PROPUESTO MATRÍCULA 99568

Aplicación. Wallach concretas Inc PO Box 1289 Hobbs, Nuevo México 88241-1289 ha solicitado a la Comisión de Texas sobre calidad ambiental (TCEQ) un aire calidad estándar permiten, matrícula 99568, que autorizaría la construcción de una roca permanente y Trituradora de hormigón. Se propone la instalación que se encuentra en 18200 W-20, Odessa, Texas 79763. Este enlace a un mapa electrónico del sitio o ubicación de la instalación genera se proporciona como un público electrónico y no forma parte de la solicitud o aviso. Para la ubicación exacta, consulte aplicación. http://www.tceq.texas.gov/presses/publicidad/01mexico.html#lites31_763892 & lng = 102.56861 & zoom = 13.4 tipo = r, esta aplicación fue técnicamente completa el 14 de noviembre de 2011.

Comentario público. Escrito comentarios públicos acerca de esta aplicación pueden presentarse en cualquier momento durante el período de comentario público. Puede enviar comentarios de público ya sea por escrito a la Comisión de Texas sobre calidad ambiental, la Oficina de la Secretaría del jefe, MC-105, PO Box 13087, Austin, Texas 78711-3087, o electrónicamente en www.tceq.texas.gov/about/comments.html, si desea comunicarse electrónicamente con la TCEQ, tenga en cuenta que su dirección de correo electrónico, como su dirección física, pasará a formar parte del registro público de la Agencia. El plazo para presentar comentarios públicos es 30 días después del anuncio de periódico.

Respuesta a comentarios. El director ejecutivo preparará una respuesta por escrito a todas las observaciones pertinentes después de cerrar el período de observación. La respuesta, junto con la decisión del director ejecutivo sobre la aplicación, se enviará a todos los que presentaron comentarios públicos y podrá que se agregará a la lista de correo. La respuesta a los comentarios será publicada en el archivo de permiso para su visualización.

El director ejecutivo aprobar o denegar la solicitud a más tardar 30 días después del final del período de comentario público, teniendo en cuenta todos los comentarios recibidos durante el período de observación y basar esta decisión sobre si la solicitud cumple con los requisitos del permiso estándar.

Oficina CENTRAL y regionales. La aplicación estará disponible para ver y copiar en la Oficina Central de TCEQ y la Oficina Regional de Midland TCEQ, ubicado en 3300 N St Edif 4-107, Midland, Texas 79705-5406, durante las horas de 8:00 - 17:00, del lunes al viernes, comienzo el primer día de publicación de este aviso.

Información. Para obtener más información sobre esta solicitud de permiso o el proceso de concesión de permisos, por favor llame al programa de educación pública gratis al 1-800-687-4040. Si desea información en español, puede llamar al 1-800-687-4040.

También puede obtenerse más información de Wallach concretas Inc PO BOX 1289, Hobbs, NM 88241-1289, o llamando al Sr. Tyler Wallach, Vicepresidente de 575-392-5204

Fecha de publicación del aviso: 02 de diciembre de 2011

El Editor

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Hispano crea vacuna contra cáncer

Jorge Torres, científico que realiza experimentos contra el cáncer en UCLA, comprueba que al suprimir proteína vital para la reproducción de células cancerosas

estudios han descubierto 592 tipos de proteínas en células, cada una se encuentra en estudio para determinar si todas o parte de ellas son esenciales para la división del eje



se desintegran, con lo que surge esperanza para curar pacientes.

"Las drogas que hay actualmente para el tratamiento del cáncer solamente atacan las células cancerosas, pero éstas no se mueren", dijo Torres, profesor de bioquímica en el Centro Janssen de Investigaciones contra el cáncer de la Universidad de California en Los Angeles (UCLA).

"En nuestros experimentos observamos (con microscopio) que con la supresión de proteínas que sirven para la multiplicación de células del cáncer parán a dividirse y al poco tiempo se desintegran", explicó.

Los resultados de las investigaciones realizadas desde hace cinco años por Torres junto a seis colegas más fueron publicados este mes en la revista "Journal Cell", órgano de información e intercambio de resultados de experimentos con la comunidad científica.

"Nos encontramos optimistas de que suprimiendo la proteína de división celular del cáncer podríamos generar un tratamiento efectivo contra el melanoma, el cáncer de los pulmones, el cáncer del colon y el cáncer de senos, entre otros", aseguró Torres.

"El experto contó que en los

Es tiempo de otoño. El virus de la influenza estacional se espase en el aire en esta temporada y la única medida de prevención disponible es la vacuna contra esta enfermedad.

Pero diversos mitos negativos giran en torno a su aplicación y, por tal motivo, hay padres de familia que prefieren no tomar la opción de recurrir a ella para proteger a sus niños, aunque eso signifique mayores riesgos clínicos para todos.

En el tema de la salud en general y como punto de partida, lo ideal sería contar con la información adecuada y suficiente antes de tomar cualquier decisión. En este sentido, cabe la pregunta: ¿Qué es realmente la influenza estacional?

Un reporte de la Secretaría de Salud, publicado a través de su Centro Nacional de Vigilancia Epidemiológica y Control de Enfermedades de México (CENAVEC), explica que "se trata de una enfermedad viral aguda muy contagiosa, que se presenta con mayor intensidad durante los meses de octubre a mayo. En general, la mayor parte de los casos se recuperan en un lapso de tres a siete días, pero los ancianos o personas con enfermedades crónicas-degenerativas pueden presentar complicaciones graves".

Para profundizar en la relación beneficio-riesgo con respecto a la aplicación de la vacuna de la influenza estacional, platicamos con el doctor Octavio Martínez Becard, médico pediatra internista egresado del Centro Médico Nacional Siglo XXI y certificado por American Academy of Pediatrics y American Heart Association.

El dice que "la vacuna contra la influenza estacional es muy segura. Siempre se recomendó que ciertos grupos de personas se vacunen en esta época y son quienes se encuentran en los extremos de la vida: los niños

menores de cinco años y los adultos mayores de 65 años, porque por las características de su sistema inmunológico son más vulnerables ante esta afección". El doctor Martínez explica que,



efectivamente, se presentan algunos efectos colaterales después de la aplicación, pero son fáciles de controlar. "Puede ser fiebre moderada, que el médico puede manejar con algo de paracetamol. También es posible que aparezca dolor en la zona de aplicación, que cede con un analgésico suave. A la semana es viable que se presente un cuadro de tipo viral, parecido a una gripe o incluso a una influenza estacional. Es un efecto tardío de la vacuna, pero es una condición que dura de cuatro a cinco días más, cede sin mayor problema con un manejo adecuado y rara vez da complicaciones".

El experto está de acuerdo en que hay muchos mitos, pero dice que no dejan de ser sólo eso. "El beneficio es mayor si se aplica la vacuna; de lo contrario, sin esa protección siempre va a haber riesgo de contraer la enfermedad, porque el virus se contagia fácilmente, al respirarlo o al manipular objetos que han estado en contacto con alguna persona infectada".

El especialista dice que no hay punto de comparación entre la sintomatología de los efectos secundarios de la vacuna y un cuadro clásico de influenza estacional. Y explica: "Cuando la infección se

pulmones, ya hay un gran riesgo para el paciente. Por tal motivo, siempre va a ser mejor aplicar la vacuna de la influenza estacional que no aplicarla".

Para que los padres de familia estén más tranquilos, deben saber que hay un protocolo antes de aplicar la vacuna contra la influenza estacional. Una indicación muy importante es que el paciente no tenga ninguna enfermedad, sobrehito todo de tipo viral, al momento de recibir la vacuna. El experto explica: "Si el niño o el anciano presenta un padecimiento infeccioso, su sistema inmunológico no va a actuar adecuadamente. Los efectos secundarios de la vacuna aquí van a ser mayores y el daño de la afección que presenta el paciente también, porque ya hay una defensa contra una enfermedad viral, bacteriana o de otro tipo que está mermando la inmunidad de la persona que va a recibir la vacuna y ésta no va a ser, sino que, en efecto, va a perjudicar".

Y complementa el punto: "En estos casos, primero, damos tratamiento al paciente y una vez que ya se haya recuperado dejamos pasar una o dos semanas, dependiendo del caso, para aplicar la vacuna y esta persona no va a tener ningún problema. Las vacunas se aplican por personal capacitado y los servicios de medicina preventiva de clínicas y hospitales son aptos para detectar quiénes se pueden vacunar y quiénes no".

La influenza estacional representa un gran riesgo de salud en esta temporada si no se toman las medidas preventivas pertinentes. Hay que saber que la aplicación de la vacuna contra esta enfermedad es segura y es eficaz, porque previamente ha sido muy bien estudiada y la literatura médica aborda exhaustivamente el tema. Conocer al enemigo es la única forma de vencerlo. Es tiempo de informarse; es tiempo de tomar decisiones.

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