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**Menopause, Andropause And Other Hormone Imbalances**  
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**Do The Risk Of Bird Flu Outbreak Hover Over Australia Also?**

**By Ashish Jain**

The pattern of working of the avian influenza is like that of touring of a cricket/hockey team...one country after another. Everywhere it meets with success in some degrees.

Avian influenza, popularly known as bird flu did not spare the vast continent of Australia either. Could it be the migratory birds that have done the trick? Migratory birds were held in awe and admiration by you, particularly by the bird-watchers all over the world. But, now you await them with suspicion.

Does avian influenza in birds cause the disease to spread in human beings also? Luckily, not to a great extent so far. The deaths reported since 2003, with the arrival of the flagship bird flu virus, H5N1, are just 120 all over the world. Why then researchers and scientists are so much worried about the outbreak of the bird flu? Why the concerned authorities are culling birds in millions?

The root cause of the worry is on account of the mutating capacity of the bird flu virus. It is likely to take the deadly shape anytime, if the past behavior of this type of virus is any indication. Whether the migratory birds will do it in Australia? Or the international travelers should be blamed, when the expected pandemic occurs in Australia? Why such strong fears among the medical fraternity of Australia? What is the basis for this latent fear?

The Australian health authorities are vigilant and confident. They can prove to you that H5N1 virus is not present in Australia. The job of spreading the virus is carried out by water fowls in Europe, Asia and Africa, but they do not migrate to Australia. But the species of birds that do migrate luckily are not the carriers of the bird flu virus. Australia has strict quarantine laws and the measures are correctly followed. So the disease can not arrive in Australia through imported birds or poultry products.

The standards of personal hygiene are excellent in Australia. So, the normal contacts of the people with the birds will do no harm. The Australian authorities and the people also know how to take care of caged birds, aviary and yard birds. The measures adopted are simple, just don't allow them to mix with the wild birds and give them good feed and clean water supply.

## Do The Risk Of Bird Flu Outbreak Hover Over Australia Also?

Australia knows it well– prevention is better than cure. A mock exercise conducted in November 2005, gave detailed instructions with practical demonstrations, how to meet the emergent situation, should there be an attack of bird flu.

The incidents of avian influenza reported in Australia so far are just five, but they are small incidents, very well controlled– and controlled in time. The last incident reported was in the year 1997.

<http://www.isitbirdflu.com/>

& Bird Flu website provides detailed information on bird flu, bird flu prevention, bird flu symptoms and more.

### **Is The Bird Flu Going To Be The Death Of Us? It Can Be...**

**By Larry Evans**

All this talk to bird flu has really thrown us all into a tizzy these days but is it something that we really need to be so concerned about? Well, this really depends on who you ask. Some experts will tell you that this new outbreak of bird flu is going to wipe out one third of the worlds population while another stands by and simply scoffs at such a prediction. Getting down to the bottom of the bird flu is hard to do and in the end there is not much you can do about it either way.

So far the bird flu has not spread to all countries, and the vast majority of those who have been affected actually handled the birds or came into contact with contaminated spaces. So if this is anything to go by, if you do not have chickens then you should be safe from the bird flu. There have been no reports as of yet of any bird flu victims catching the flu from other people, only from the birds themselves. I don't know about you but this certainly puts my mind at rest somewhat.

There is more than one strain of bird flu however and they all act a little differently and like any other virus is subject to constant mutations. The current strain of bird flu may not be passed from human to human yet but in time it may learn to transmit itself in this fashion. Viruses are smart and they learn quickly so even if you have no contact with any birds you need to watch out and take some precautions.

You will need to start being even more hygienic that you already are to avoid catching bird flu. Wash your hands more often and do not touch people if you do not have to. For example when you are out and you meet someone don't necessarily shake their hand and if you do wash your hands right away. This is your health and it is even more important than always being overly polite.

There are also vaccines that are being developed as you read that will hopefully be able to lower your chances of contracting bird flu. These vaccines have gotten a lot of hype lately and we can only hope that they are as effective as they are said to be in containing and eliminating the bird flu.

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