



# TELL HEAD LICE TO Bug Off!

Ten million cases of head lice are reported each year in the United States. However, there's no need to worry. We have many ways to get rid of these nasty hair-stalking creatures.

**Outbreaks of head lice are common in crowded areas such as schools and day-care centers.**

Lice are six-legged insects that do not jump or fly. They spread through close personal contact. Therefore, sharing items such as hairbrushes, combs, blankets, or pillows can spread



lice. Lice need a blood supply to survive. Their eggs, or nits, stick to the base of the hair shaft and unlike dandruff, do not shake off.

Outbreaks of head lice are common in crowded areas such as schools and day-care centers. They are most commonly found in the scalp behind the ears and near the neckline at the back of the neck. These are the areas which should be checked first if a lice infestation is suspected.

Symptoms of an infestation include a tickling feeling and itching. It is important to treat a lice infestation once it is recognized. Scratching may lead to a secondary infection and a visit to the doctor's office.

If washing and combing are not enough, there are many over-the-counter products that contain Permethrin, Pyrethrin + Piperonyl Butoxide, or Dimethicone. Ask your pharmacist for more details.



## Once a Lice Infestation Is Confirmed

- Wet hair should be combed with a fine-toothed comb. This can be done alone or with other treatment options
- Clothing and bedding should be washed in hot water (at least 130°F); and dried on high heat for a minimum of 20 minutes
- Contaminated, unwashable items should be sealed in a plastic bag for 2 weeks
- Combs and brushes should be washed in hot water (at least 130°F)
- Carpets and furniture should be vacuumed often.

DO NOT use Permethrin or Pyrethrin & Piperonyl Butoxide if you are allergic to ragweed or chrysanthemums. DO NOT use on children under the age of two years old. If you are pregnant, breast-feeding, or have a lice infestation of the eyelids or eyebrows, contact a doctor before starting these medications.

Sometimes your child or family member will contract head lice no matter how hard you try to prevent its spread. If nothing works, call your doctor. A prescription medication may be necessary. With proper treatment you can stop these itchy bugs and protect your family. ❖



# Healthy Views and News

The newsletter dedicated to living healthy, wellness tips, pharmaceutical advice, and special savings on health-related products.

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## Saving Your Skin from the Summer Sun

As you enjoy the long days of summer, it is important to remember to take care of your skin. According to the American Cancer Society, the number of Americans using sunscreen has declined over the years; while the number of people diagnosed with skin cancer has increased.

**UVA rays are most intense during the middle of the day.**

Sunscreen provides some protection, but it is not a total safeguard against ultraviolet (UV) rays. Many people believe that sun protection is only needed when they spend the day at the beach or pool. The truth is that sun exposure adds up day after day. Exposure to the sun's UV rays, types A and B, can produce a nice suntan; but overexposure can result in sunburns, skin cancer, skin aging, and even eye damage.

The first step toward healthy skin is the use of sunscreen. It is available in a variety of forms including lotions, creams, ointments, gels and wax sticks.

Everyone, especially children, should use a broad spectrum sunscreen with an SPF of at least 15 to help prevent skin damage from both UVA and UVB rays. Sunscreen should not be used on babies younger than six months. Hats, proper clothing and



shade will protect small babies from the sun. As far as adults are concerned, wear clothing to protect as much of your skin as possible. Dark colors provide more protection than light colors; and a tightly woven fabric protects better

**The Stronger UVB rays that cause skin cancer show up right around noon.**

than loosely woven clothing. UVA rays are most intense during the middle of the day, usually between the hours of 10:00am and 4:00pm. These rays account for wrinkling,

brown splotches, and leathery skin. The stronger UVB rays that cause skin cancer show up right around noon. A quick way to recognize if the sun's rays are at their strongest is to notice the length of your shadow. If it's shorter than you, the UVB rays are at their peak.

Many people love being in the sun; however some do not. The bottom line is that it's impossible to completely avoid sunlight during your everyday activities. If you follow these precautions and limit your exposure to UV rays, you will reduce the risk of developing skin cancer later in life. ❖



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# Heart Health: Approaches to Preventing Heart Disease

Coronary artery disease is the most common form of heart disease and the number one cause of death in the United States. It occurs when arteries that carry blood to the heart become narrowed or blocked. This blockage can lead to angina or heart attack.

**Try to keep your daily sodium intake below 2,400 mg and increase your intake of fruits and vegetables.**

High cholesterol is a major risk factor for heart disease. Your total cholesterol goal should be 200mg/dl or less. HDL, or good cholesterol, should be higher than 40mg/dl in men and 50mg/dl in women. LDL, or bad cholesterol, should be less than 130mg/dl in healthy adults and less than 100mg/dl for those with diabetes or other risk factors for heart disease.

It's important to note that the treatment of cholesterol values must be adjusted for each individual. Some people dodge the high-cholesterol bullet but have other risk factors for



heart disease, such as high blood pressure or diabetes. A diet low in cholesterol, saturated fats and *trans* fats will help lower cholesterol and decrease the risk of heart disease.

High blood pressure is another risk

factor for heart disease. It is important to maintain blood pressure that is lower than 140mmHg as the systolic (upper) value and 90mmHg as the diastolic (lower) value. Besides medication, other ways to control blood pressure include diet, exercise and weight management. Try to keep your daily sodium intake below 2,400 mg and increase your intake of fruits and vegetables.

**Maintaining a healthy weight, staying active and managing stress are all important ways to a healthy heart.**

Diabetes can lead to significant heart damage. Just like high cholesterol and high blood pressure; you can help control diabetes with diet, exercise, and weight management. Exercise helps increase your body's sensitivity to insulin, decreasing glucose levels. Try to eat foods that have a low glycemic index such as whole grains, legumes and nuts.

There is a tremendous link between smoking and heart disease. Smoking is a major cause of atherosclerosis, a build-up of fatty substances in the arteries. Atherosclerosis occurs when the normal lining of the arteries deteriorates. This causes the walls to thicken with fatty deposits and plaque, blocking the flow of blood.

## Seven Steps to a Healthier Heart

- Improve Cholesterol Levels
- Control High Blood Pressure
- Control Diabetes
- Quit Smoking
- Exercise
- Maintain a Healthy Weight
- Reduce Stress

Maintaining a healthy weight, staying active and managing stress are all important ways to a healthy heart. Make sure to eat nutrient-rich foods such as fruits and vegetables that are high in vitamins, minerals and fiber. Whole-grain foods contain fiber that can help lower cholesterol and glucose levels. Try to get at least 25 grams of fiber each day.

Along with controlling disease states such as high cholesterol, high blood pressure and diabetes, it is important to have a heart healthy lifestyle. But even with the proper prevention techniques, heart attacks still happen.

Do you know the warning signs of a heart attack? They include chest discomfort that lasts more than a few minutes, an aching pain in one or both arms, shortness of breath, lightheadedness, nausea and cold sweats. If you have any combination of these symptoms, do not hesitate to call 9-1-1. Every minute counts. ❖

# Whole Grains: More Than Fiber-Providers!

Whole grains are not only good for you; but they're a natural source of powerful antioxidants, phytochemicals, vitamins and minerals. New research has shown whole grains reduce the risk of heart disease, cancer, stroke, and diabetes.

In addition, whole grains play an important role in weight management. There are very few food products in the world which offer such diverse health benefits.

**Studies have shown that eating whole grains in place of refined grains in your diet can lower your risk to many chronic diseases.**

Whole grains, or foods made from whole grains, contain the entire grain seed. This includes the bran, the germ and the endosperm. Refined grains

have been processed to remove the bran and the germ, leaving the endosperm.

Studies have shown that eating whole grains in place of refined grains in your diet can lower your risk of many chronic diseases such as type 2 diabetes, heart disease, and stroke. According to the Whole Grains Council, increased intake of whole grains has also been shown to help you better maintain your weight!

*The Dietary Guidelines for Americans, 2005* recommends at least half of our grain intake be whole grain. ❖

### Examples of Whole Grains

- Whole Wheat Bread
- Brown Rice
- Oatmeal
- Whole-Grain Pasta
- Popcorn

### Examples of Refined Grains

- White Bread
- White Rice
- White Pasta
- Pearled Barley
- Corn Meal



## Omega-3 Saves the Day!

*Omega-3 fatty acids are an important component in maintaining a healthy heart. It has been proven that eating food rich in Omega-3 fatty acids can lower your risk of death from coronary artery disease.*

Foods rich in Omega-3 fatty acids include select fish like salmon, tuna, herring and blue fish. Monounsaturated fats such as olive oil are also important for a heart healthy diet. They offer the dual advantage of raising HDL (good cholesterol) without raising your total cholesterol levels.

Besides olive oil, other sources of monounsaturated fats include olives, fish, sesame seeds, avocados, peanuts, walnuts, pecans and some other oils (peanut, walnut, canola and sesame).