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Children's swimming: Keep health risks at bay

Your child may love to swim, but is it always a good idea for him or her to be in the water? Follow these year-round children's swimming tips.

Is it OK for your diaper-clad toddler to splash in the local pool? Can your child safely wear a cast or ear tubes in the water? Could bacteria lurking in the pool or lake make your little one sick? Before you help your child suit up—or decide to skip the water altogether—here are some practical children's swimming tips from Jay Hoecker, M.D., a pediatrics specialist at Mayo Clinic, Rochester, Minn.

Can babies or toddlers wear diapers in the water?

Various types of diapers are designed for underwater use. They're water-repellent and fit snugly around a child's thighs and waist. But they're not waterproof. If your child has a bowel movement in the water, fecal material may escape the diaper. A dirty diaper may contain diarrhea-causing germs, including the parasite cryptosporidium—which can contaminate pool water or other swimming areas. In otherwise healthy people, a cryptosporidium infection causes upset stomach and diarrhea. The consequences can be more severe for people who have weak immune systems.

Urine in the water is less risky than feces, but it's difficult to separate the two when children wear diapers. I generally discourage parents from allowing children in diapers to enter pools or other swimming areas.

Can children who have casts go swimming?

If your child has a water-safe cast—made of fiberglass and lined with a water-repellent material—it's usually OK to swim, as long as you have the doctor's OK. But if your child has a plaster cast over cloth wrapping, he or she must stay out of the water. Trying to protect a

plaster cast with plastic bags generally doesn't work.

Can children swim if they have ear tubes?

If your child has ear tubes—tiny cylinders placed through the eardrum to drain fluid and allow air into the middle ear—ask his or her doctor about ear protection for swimming. Some doctors recommend that children who have ear tubes wear earplugs while swimming to prevent bacteria from entering the middle ear. However, routine use of earplugs may only be needed when children dive or swim in untreated water, such as lakes and rivers.

What's the best way to prevent swimmer's ear?

Swimmer's ear is an infection that's often treated with prescription eardrops. To prevent swimmer's ear:

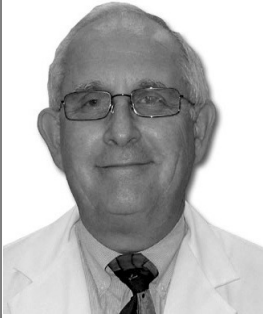
- Encourage your child to wear earplugs while swimming
- Dry your child's ears after swimming with a towel or hair dryer
- Use alcohol-based eardrops to clear water from your child's ear
- Don't use cotton swabs in your child's ears, which can scratch the ear canal and provide a perfect infection site
- Don't allow your child to swim in polluted water

Are red eyes after swimming a concern?

Red or puffy eyes after a long day of swimming in a pool may indicate chlorine sensitivity. Ponds and lakes also may contain bacteria that can inflame the cornea. To prevent red or puffy eyes, have your child wear goggles.

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Let's Talk

Dr. Jerry Shapiro

July has arrived and one half of 2010 has gone by. My only question is where did it go? In last month's newsletter I gave a brief introduction to Dr Comfort Shoes.

This is a shoe line for men and women that was originally created for patients with diabetes. They are very stylish and by far the most comfortable shoe I have every worn. Please come in and try on a pair, you will need to make an appointment with Rizza for a fitting. We have a display rack that shows many of the styles. The turnaround time is between 7 and 10 days. For those of you with Medicare who have diabetes, with a prescription from your doctor either the majority or all of the cost will be covered depending on your supplemental coverage. This applies to members of your family and friends who might be home bound. We do go out for fittings as well. Along with these shoes we have a full line of diabetic socks. Since the summertime is upon us and many are

traveling (which often includes a lot of walking) a comfortable pair of shoes becomes a necessity.

The other area I want to discuss is influenza immunizations (flu shots). Before we know it flu season will be here. The latest advice we have gotten from our supplier is that our vaccine will start arriving towards the end of September. While our cost has increased we have decided to lower the cost of our flu shots to \$15.00 this year. If you would like to leave us your e-mail address before the arrival of the vaccine, as soon as it arrives we will e-mail you so you can be one of the first to get yours. For those of you who choose to come in there is no appointment needed. Shots will be given between 9 AM and 5 PM Monday thru Friday. If you have 10 or more people in your office we will be happy to send one of our staff members to your office and administer the shots there. It is best to reserve a time in advance since the slots fill up fast.

Another reminder is that we are now on Facebook. Take a look. In the near future we will be running specials for customers who check out our Facebook page at <http://www.facebook.com/UptownPharmacy2>.

Save calories and money at any type of restaurant

These tips can help you dine out without overeating or overspending.

SAVING CALORIES

Look it up. Some chains make their nutrition information available on their Websites or on menus in states or cities that require it. At those that don't, ask your server. You can also look up healthier dishes at nearly 60,000 restaurants on the Website HealthyDiningFinder.com. (The recommendations don't take sodium into account, so be sure to check it yourself before choosing.)

Find healthier-choice sections on menus. Now available at many restaurants, they tend to have dishes with fewer calories, less saturated fat, and lower (though not necessarily low) sodium.

Decode the lingo. For example, "crispy," "crunchy," and "fritto" generally mean fried; "creamy" signals butter, cheese, cream, or all three. Among preparation methods, steamed is healthiest; poached, blackened, broiled, baked, and grilled are also good. With any dish, request that it be prepared with minimal or no oil, and order sauce on the side. With salads, get dressing on the side. Then lightly dip your fork into it before each bite.

SAVING COSTS

Bring your own bottle. If you like drinking wine with dinner, look for "BYOB" nights at restaurants and pay only a corking fee. Two great budget wines are Concha y Toro Casillero Del Diablo 2005 merlot (\$8.60) and Hogue Columbia Valley 2005 pinot grigio (\$7.30).

Try a prix fixe menu. They offer several courses at a set price, often in the early dinner hours or on off-peak days. Or look for

"restaurant week" promotions in your city, which offer multicourse menus at reduced prices.

Let 'em know your age. Many family restaurants have reduced-price menus for older customers, usually defined as 55 and up. Most have lower-priced menus for kids, too, and some, like Chevy's Fresh Mex, have "kids eat free" days.

Sign up for e-mail alerts. If you can tolerate the extra load on your inbox, you'll be flooded with coupons for free dishes or discounts on whole meals. Filling out a restaurant's online survey can also yield freebies, as can joining birthday clubs when available.

SAVING BOTH

Split it. Take advantage of super-sized portions at chains like the Cheesecake Factory by sharing them with a dining companion or eating half and boxing the rest for lunch or dinner the next day. Or ask if there's a half-sized or smaller-portion option for entrees.

Skip appetizers, coffee, and dessert. They drive up not just the bill but the tip, too. For something sweet after a meal, stock healthful desserts at home, like fresh fruit salad, Popsicles, or low-fat frozen yogurt.

Order water to drink. It's free, has no calories or sugar, and you get unlimited refills.

Get takeout. It doesn't require tipping and you'll be less tempted to order dessert or fill up on bread.

Order two appetizers instead of a main course.

You'll get more variety, smaller portions, and you may pay less than you would for an entree.



Hints from JoAnn

Almost everyone has heard of using an ice cube to remove an accidental scorch stain on clothing. Here are a few other items you might not have heard:

Handy Watering for Hanging Plants: rather than risk a spill by pouring water into your hanging plant or waiting for them to dry in your shower before you can hang them back up, simply toss in several ice cubes and as they melt they'll water for you.

Candle Wax: Heat removes wax from clothing and carpet; an ice cube does the trick from wood surfaces. Harden the wax with an ice cube and then lift it up gently with a hard edged item such as a plastic knife or my personal favorite the plastic identification card for your medical or prescription program.

Caulk Clue: Smooth fresh caulking by rubbing it with an ice cube. You'll get a smooth finish and the caulk won't stick to the ice.

Cut the Fat: removing fat from homemade soup with a paper towel or skimming it is a messy and slow process. Simply add three or four ice cubes and the fat will congeal around them so you can remove it with a spoon. You may need to reheat a little when you are done.

Hollandaise Sauce: It's easy to curdle a hollandaise sauce if you aren't watching it. If this happens to you add an ice cube and stir and magically the sauce will smooth out again.

Splinter Savior: Before removing a splinter, numb the area with an ice cube for quick pain prevention.

Remove dents in carpeting: If you've recently rearranged the furniture in your living room, you know that heavy pieces can leave ugly indents in your carpet. Use ice cubes to remove them. Put an ice cube, for example, on the spot where the chair leg stood. Let it melt, then brush up the dent. Rug rehab completed.

Unstick a sluggish disposal: If your garbage disposal is not working at its optimum because of grease buildup (not something stuck inside), ice cubes may help. Throw some down the disposal and grind them up. The grease will cling to the ice, making the disposal residue-free.

New High School Exit Exam

you only need 4 correct to pass...

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?



Remember, you need 4 correct answers to pass.

Check your answers on the back page...

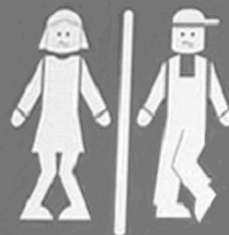
Don't use ordinary kitchen spoons to dispense medicines.



Using an ordinary spoon for medication doses may lead to over—and under—dosing. When study participants used a variety of kitchen spoons to take medication, they overdosed by 11.6% when using a larger spoon and under dosed by 8.4% when using a medium-sized spoon. When dispensing liquid medicines: use a proper measuring spoon, measuring cap or measuring dropper, available at pharmacies.

SENIOR SAYINGS...

Never do anything you wouldn't want to explain to the paramedics



Restrooms

(Continued from page 1)

To ease discomfort and reduce redness after swimming, rinse your child's eyes with a sterile eyewash or an artificial tears solution.

Is it risky for children to swallow pool water?

Your child is bound to take a few gulps of pool water at one time or another, especially when first learning to swim. A little swallowed pool water isn't cause for concern, but drinking too much pool water can make a child ill.

What's the best age to begin swimming lessons?

The American Academy of Pediatrics supports swimming lessons for most children age 4 and older. If you choose to enroll a child younger than age 4 in a swimming program, pick one that doesn't require placing his or her head underwater. This will limit the amount of water your child may swallow.

Can children swim when they're sick or have cuts and scrapes?

It's fine for children who have colds or other minor illnesses to swim, as long as they feel well enough to do so. Likewise, it's OK for children to swim with cuts and scrapes—as long as the wounds aren't bleeding.

What about swimming after eating?

It's OK to swim immediately after a light meal or snack. If your child feels lethargic after eating a heavy meal, encourage him or her to take a break before swimming.

Are hot tubs safe for children?

Children can quickly become overheated in a hot tub. Don't let your child use a hot tub until he or she is tall enough to keep his or her head above water while standing in the middle of the hot tub. Even then, hot tub visits should be brief—and never allow your child to submerge his or her head in a hot tub. Because high temperatures encourage the growth of certain microorganisms, an earful of water from a hot tub can lead to an external ear infection. Far worse, long hair can get caught in a hot tub grate and cause drowning.

ANSWERS TO THE QUIZ

- 1) How long did the Hundred Years War last? 116 years
- 2) Which country makes Panama hats? Ecuador
- 3) From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? November
- 5) What is a camel's hair brush made of? Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? Dogs
- 7) What was King George VI's first name? Albert
- 8) What color is a purple finch? Crimson
- 9) Where are Chinese gooseberries from? New Zealand
- 10) What is the color of the black box in a commercial airplane? Orange (of course)

Some free Wi-Fi connections are traps.



Crooks steal information from people who sign onto these illegitimate networks, called honey pots, which are found at airports, restaurants and other public places. Account information, passwords and anything else typed to gain access to Websites can be stolen by the honey pot operator, as well as anything stored on the computer's hard drive. When using free Wi-Fi service: limit your activities to ones that do not involve your personal or financial information, such as reading the news and watching videos.

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