



What You Need To Know To Avoid — And Treat — Insect Stings

(ARA) - Stinging insects - they're as much a part of summer as pool parties and picnics. But beware, stings from insects - including honey bees, wasps, hornets, yellow jackets and fire ants - send more than half a million people each year to hospitals and cause at least 50 deaths, according to the American College of Allergy, Asthma and Immunology (ACAAI).

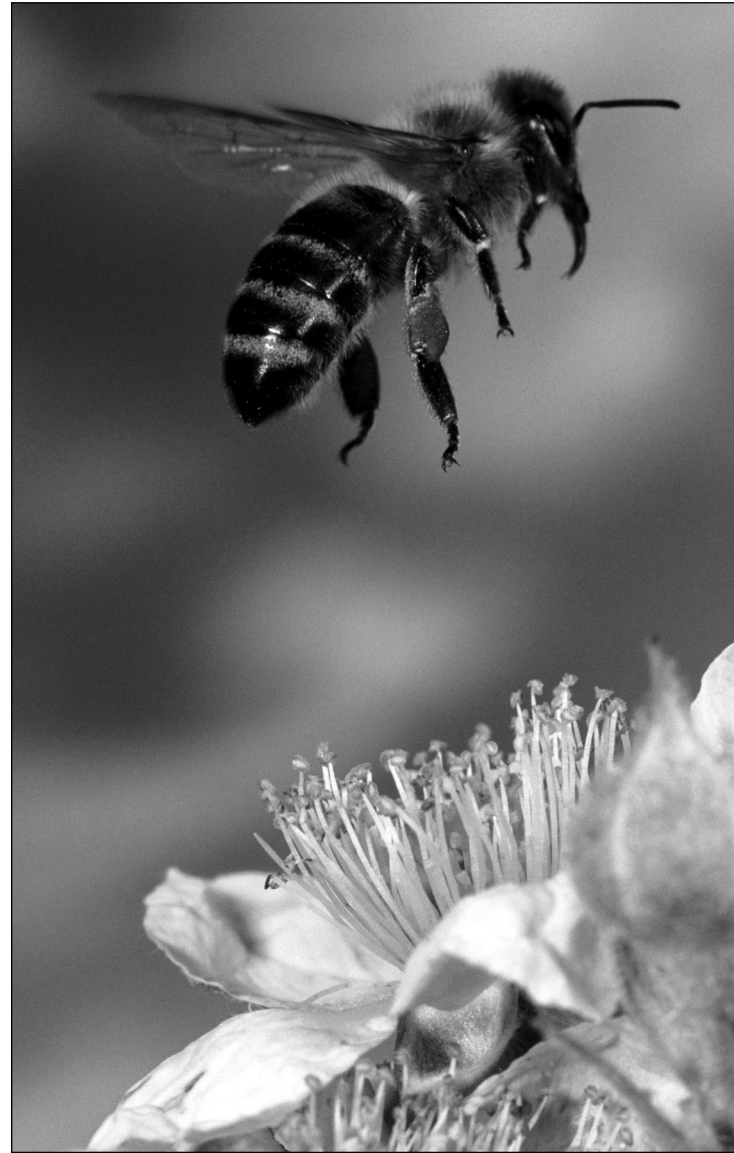
To stay safe, be aware of the signs of an allergic reaction and take steps to prevent stings. An allergist - a doctor who specializes in diagnosing and treating allergies and asthma - can help you recognize an allergic reaction to a sting and recommend treatment.

Normal reaction versus allergic reaction

A normal reaction to an insect sting will include pain, swelling and redness at the sting site, but an allergic reaction to an insect sting requires immediate medical attention. Symptoms include:

- Hives, itching and swelling in areas other than the sting site
- Tightness in the chest and difficulty breathing
- Swelling of the tongue, throat, nose and lips
- Dizziness and fainting or loss of consciousness, which can lead to shock and heart failure

"If you have an allergic reaction to an insect sting, you are at high risk for a similar or more severe reaction if stung again," says Dr. James Sublett, an allergist and chair of the ACAAI "Find an Allergist, Find Relief" public education campaign. "So even if the first time you just had mild symptoms, like a rash, next time you could experience more severe or life-threatening symptoms. It's important to talk with an allergist and get treatment."



COURTESY OF ARACONTENT

Stay safe: avoid stings

The best strategy for avoiding a reaction is to steer clear of stings in the first place:

- Be cautious when eating outdoors and consider keeping food covered.
- If you can, avoid drinking beverages outside. Stinging insects are attracted to beverages

and may crawl inside drink cans or other containers.

- Cover garbage cans with tight lids.
- Avoid sweet-smelling perfumes, hair sprays, colognes and deodorants.
- Avoid wearing bright-colored clothing.
- Don't walk barefoot in the grass.

• Watch for signs of stinging insects when gardening, mowing the yard or doing outside house maintenance. Hornets, for example, can build huge nests in shrubs.

• In the South, be cautious around fire ant hills and don't disturb them.

Immediate and long-term treatment

An allergist can help you determine what kind of insect you are allergic to and take steps to make sure you stay safe if you are stung again. An allergist may recommend two kinds of treatment:

• If an allergic reaction develops at the time of a sting, an epinephrine injection is the most immediate way to treat it. An allergist can prescribe an epinephrine auto-injector and teach you and your family members how to use it.

• In addition to carrying epinephrine, an allergist also can discuss whether you're a candidate for venom immunotherapy. These are allergy shots that treat insect sting allergy and may prevent future allergic reactions. Studies show these shots are 97 percent effective in preventing potentially life-threatening reactions to insect stings.

If your child is allergic to insect stings, be sure to alert teachers, coaches and camp counselors and teach them how to use epinephrine. Also talk to your child about how to avoid situations where stinging insects may be encountered. To learn more about insect sting allergies or to find an allergist, visit AllergyAndAsthmaRelief.org.

Beachy-Keen Tips For Summer Sun And Fun

(ARA) — There are few better ways to celebrate the summertime than by spending the day outdoors at the beach or pool. But, as anyone who has gone home covered in sand and fruit punch stains will testify, a day at the beach is not always as carefree as it sounds. Prevent beach burnout by sticking to the following tips:

Sunscreen: Sure, you've heard it a million times, but it bears repeating: apply sunscreen every time you plan to spend the day outdoors. The American Academy of Dermatology recommends using a sunscreen that:

1. Is water resistant.
2. Has an SPF of 30 or higher.
3. Provides broad-spectrum coverage against both UVA and UVB rays.

Apply sunscreen to dry skin 15 to 30 minutes before heading outdoors, using 1 ounce (approximately enough to fill a shot glass) to cover all exposed areas of your body.

Sunburn treatment: In case you missed the sunscreen tips above (or simply happen to burn easily), try to keep in mind the following tips from WebMD for sunburn treatment:

- Try cold compresses with a damp washcloth. It will help soothe the inflammation and make you feel a lot better.
- Drink plenty of water! Dehydration often results from prolonged sun exposure, so do your best to replace what you lost.
- Take a cool, but not cold, bath. Avoid using oils, perfumes or bath salts - the chemicals could potentially irritate your skin.
- Find an aloe-based lotion, and apply it to the sunburned area. Aloe naturally cools and soothes irritated skin.

Towels and clothing: Make sure to bring along an extra towel or two, just in case one of the kids decides to take theirs into the water with them. And remember to bring along an extra T-shirt or pair of shorts should your beach trip continue on into the evening when temperatures dip. Also, consider bringing a pouch for storing jewelry and other accessories to prevent them from being lost. Otherwise, you may find yourself having to use a metal detector to find lost items.

Stain solutions: Sadly, lifeguards aren't on duty for stain emergencies. Be prepared to be your own rescuer and load up on laundry know-how by checking out Clorox's Summer Stain Hotline (1-877-STAIN-411). Available 24/7 throughout the summer months, the Summer Stain Hotline allows you to select from a list of common summer stains (sunscreens, salad dressing, ice cream, etc.) and receive expert advice from Dr. Laundry.

If you can't find your stain on the hotline, you are sure to find it on Dr. Laundry's blog (drlaundryblog.com), or you can download myStain, a free new application for your iPhone, iPod Touch or Droid smart phone, which keeps a remedy for every fumble, spill and dribble right at hand.



Symptoms of Breast Cancer Not Always Easy to Discover

With respect to cancer, survival almost always depends on detection. In general, the earlier cancer is detected, the more likely a person is to survive.

Such is the case with breast cancer. When breast cancer is detected in its earliest stage (stage 0), the rate of recovery is 100 percent. However, when breast cancer is not detected until its later stages, the survival rate is less than 20 percent.

Such a reality underlies the importance of early detection. While an abnormality in the breast often shows up on a mammogram, women can also look and feel for additional symptoms as well. According to the American Cancer Society, the following unusual changes in the breast could be indicative of breast cancer, and women who notice any of these symptoms should report them to their physician immediately and schedule a screening.

- * a lump in the underarm area
- * nipple discharge other than breast milk
- * persistent pains in the breast
- * skin irritation or dimpling
- * swelling of the breast, be it all or part of the breast
- * redness of the nipple or breast skin
- * scaliness of the nipple or breast skin
- * thickening of the nipple or breast skin

For more information on breast cancer, visit the American Cancer Society Web site at www.cancer.org.

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WELLNESS EVENTS JULY 2010

No Sweat Summer Salads
Friday, July 9th - 2:00 p.m. - 5:00 p.m. (Produce)
The hot days of summer leave us wishing for cooler temperatures, especially when it comes to cooking. So why heat up the kitchen when you can prepare delicious meals that completely eliminate the use of an oven or stove? Stop by and see Brenda who will provide "no-sweat summer salad" recipes and get you back to enjoying your summer days relaxing or playing outdoors.

Dietitian Pick of the Month - Quinoa
Wednesday, July 14th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Have you ever tried Quinoa (pronounced keen-wah)? Quinoa is an ancient seed native to Central America and can substitute for rice in any entrée, soup or salad. Quinoa is high in protein, around 12-18%, an unusual occurrence among plant foods. It contains all eight essential amino acids which are needed for building and maintaining muscle in humans. Join Brenda in the HealthMarket where she will sample and share the numerous nutritional benefits of quinoa.

Shop Smart - Get the Facts on The Food Labels/NuVal Store Tour
Saturday, July 17 - 10:00 a.m. - 11:00 a.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutrition Scoring System available at Hy-Vee. Register for this event at customer service or by calling 665-3412.

Shop Smart - Get the Facts on the Food Labels/NuVal Store Tour
Tuesday, July 20 - 1:00 p.m. - 2:00 p.m.
Become a smart shopper by reading the food labels to find out more about the foods you eat. Learn which foods are good sources of fiber, calcium, iron and which foods are lower in fat, calories and sodium. Brenda will also teach you how to use the NuVal Nutrition Scoring System available at Hy-Vee. Register for this event at customer service or by calling 665-3412.

What are Probiotics?
Tuesday, July 27th - 1:00 p.m. - 4:00 p.m. (HealthMarket)
Probiotics are becoming more common in the supermarket and can be beneficial for digestion and immune health. Join Brenda in the HealthMarket as she provides information regarding the best sources of probiotics and how they can be an important part of your diet.

Individual Nutrition Consultation - \$30 for 1/2 hour, \$60 per hour
Your Hy-Vee/Avera dietitian can help you develop a personal nutrition plan for:
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