

# How To Fight Insects The Eco-Friendly Way

Enjoying the outdoors when the weather is pleasant can become bothersome if biting insects are part of the equation. However, not everyone wants to rely on chemical repellents to keep bugs at bay. There are some greener options that may be adequate for most daily situations.

## Biting Insects

Mosquitoes, biting flies and other insects can be a nuisance when the weather warms. Though many bites create a mild reaction that subsides after a few days, some insects are harbingers of serious diseases. Malaria and West Nile virus are just two of the many maladies that can be hiding inside of the common mosquito.

According to Mosquito.org, only female mosquitoes feed on blood and bite their victims. The males feed on plant juices and nectar. Females need blood to feed their eggs and reproduce. When a mosquito bites, she injects chemicals to prevent

blood from clotting and reduce pain. Afterward, however, these same chemicals can cause topical irritation.

Like mosquitoes, female tabanids, or horse and deer flies, also bite. Most prefer warm seasons and the warmth of daytime, but some species are most active at dawn or dusk. Tabanids bite deep and hard, potentially causing a lot of irritation.

Especially in early summer, swarms of small black flies can make life difficult for those who venture outdoors. Again, females of this species bite, but males may hang around and swarm when a female is nearby. Black flies need running water to feed larvae, so they differ in this respect from mosquitoes and other insects that grow from larvae in sitting water. Biting occurs during the day and may intensify before a thunderstorm.

## Repelling Insects

The standard bug repellent is one that contains the product

DEET. It was originally developed in 1946 for military use, but some have questioned its safety. The EPA says it has been associated with seizures in children, but this claim hasn't been fully substantiated.

Still, many people prefer to look elsewhere for their repellents, preferring natural products. There are oils that can be extracted from different plants and herbs that provide short-term protection against many biting insects.

Citronella is one of the more effective natural repellents. It has been used for more than 50 years as an insect repellent and as an animal repellent. The oil is taken from dried, cultivated grasses. Pure citronella is most effective against bugs, more so than the synthetic varieties used in many candles.

Citronella is safe for human use and produces no threat to the environment when used correctly. It is generally applied to the skin and may cause mild irri-



Skip the bug zapper. Some natural products are effective at repelling pesky insects.

tation if used in abundance. Because some people find the smell of citronella off-putting, it can be mixed with lemongrass oil to minimize the smell. Lemongrass may also be another natural insect repellent.

Rosemary and cedar can also be tried as insect repellents. These are two other aromas that

bugs find offensive. Individuals who spend time in the yard may want to plant rosemary nearby in garden beds to help repel insects in that respect. Rosemary is also multifunctional, as it is commonly used in cooking.

Other safe items to try as insect repellents include:

- \* mint
- \* neem oil
- \* bay leaves
- \* eucalyptus
- \* cloves

Individuals can experiment with these herbs and oils to produce a product that works for their repellent needs.



## Flip-Flop Fiascoes To Sunburned Toes: Tips For Avoiding Summer Foot Woes

(ARA) - Relaxing on the beach, hiking through the mountains, trekking around a new city or just keeping up with all the kids' summer activities - however you spend summer vacation, your feet will carry you through it all.

During the course of these adventures, your feet may endure stubbed toes, miles of walking, hot sand, and possibly even some sunburn. So be kind to your tootsies, and take note of these tips for protecting your feet from summer heat, courtesy of the American Podiatric Medical Association (APMA):

### Foot care on the road

You may be looking forward to a beach vacation or lounging by the pool at a luxury hotel. But even those fun activities can take a toll on your feet if you don't practice proper safety.

"Even if you're just lying still on your back soaking up the sun's rays, your feet are still vulnerable," says Dr. Michael King, president of the APMA. "You can seriously sunburn your feet. And no matter how upscale your hotel is, athlete's foot can be present in all public pool areas."

To help steer clear of foot problems, walk barefoot as little as possible. Going shoeless exposes your feet to sunburn, plantar warts, athlete's foot, ring worm and other infections,

and increases the risk of injury. Wear shoes or flip-flops around the pool, to the beach, in locker rooms, and even inside your hotel room, as infection-causing bacteria can linger in carpets and on bathroom tiles.

Just as you rely on sunscreen and drinking plenty of water during the summer, these practices also help your feet. Apply sunscreen on your whole foot, especially the tops and fronts of ankles. Drink plenty of water throughout the day to help minimize foot swelling caused by the heat.

Always pack an extra pair of shoes, especially if you expect your feet will get wet. And take along a foot-care kit that includes sterile bandages, antibiotic cream, an emollient-enriched cream, blister pads and an anti-inflammatory pain-reliever.

### Avoid flip-flop fiascoes

Ditching heavy boots and wearing lighter footwear is one of the great joys of summer. But be aware that not all types of footwear are good for your feet. Flip-flops, in particular, can cause problems.

"During warmer months, many podiatrists treat more foot problems, and they can often be traced back to the wearing of flip-flops," King says. "You don't have to give up wearing flip-flops altogether; certain types

offer a superior amount of stability and support than others."

So, what's considered a bad flip-flop? Flip-flops with soles that freely bend and twist offer no support or stability. Choose flip-flops that bend only at the ball of the foot and that provide arch support, which cushions the foot and provides stability. High-quality soft leather for the thong part of the flip-flop will help you avoid blisters.

Your toes or heels should never hang off the edge of the flip-flop. Throw away flip-flops that are old, worn, cracked or frayed - no matter how much you loved them last season.

Finally, never wear flip-flops for doing yard work, playing sports, or taking long walks. Do wear good, supportive flip-flops at the pool, beach, or in public places.

Your feet will take you to a lot of cool places this summer. Keeping them safe and comfortable can maximize the fun during your next warm-weather adventure.



Photo left to right: Yankton Medical Clinic, P.C. American College of Radiology MRI Accredited staff includes Will R. Eidsness, MD, Board Certified Radiologist; Tricia Prouty, BS, RT(R)(M)(CT)(MR); Allene Sommer, RT(R)(M)(CT)(MR); and Jean DeGroot, RT(R)(M)(CT)(MR).

## Yankton Medical Clinic Earns MRI Accreditation

Yankton Medical Clinic, P.C. has been awarded a three-year term of accreditation in magnetic resonance imaging (MRI) as the result of a recent review by the American College of Radiology (ACR). MRI is a noninvasive medical test that utilizes magnetic fields to produce anatomical images of internal body parts to help physicians diagnose and treat medical conditions.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, per-

sonnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report they can use for continuous practice improvement.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

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