



WELLNEWS

JULY 2010

Eye Injury Prevention



More than 1 million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (preferably, with polycarbonate lenses).

Tips to Prevent Eye Injuries

In the house: when using household chemicals, read instructions and labels carefully, work in a well-ventilated area, and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness.

In the workshop: think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks, ultraviolet and

infrared radiation, and splashing chemicals. Many objects or substances can fly into your eyes unexpectedly and cause injury.

In the garden: put on protective eyewear before you use a lawn mower, power trimmer or edger and be sure to check for rocks and stones as they can become dangerous projectiles if picked up in these machines. Don't forget the risk to bystanders (including children and pets) when using these machines.

In the workplace: wear appropriate safety eyewear for your job. Many who suffer eye injuries each day don't think that they need eye protection so they don't have appropriate eyewear for the job.

Around the car: battery acid, sparks and debris from damaged or improperly jumpstarted auto batteries can severely damage your eyes. Keep protective goggles in the trunk of your car to use for those emergencies as well as everyday repairs.

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly.

Source: American Academy of Ophthalmology

The Rockets' Red Glare



Showering sparks of color and the hiss of a "whistling pete" are part of the summertime experience. But each year, thousands of people are injured by fireworks. The good news is that most of those accidents can be prevented by following simple guidelines.

If you attend a public fireworks display, remember that trained pyrotechnic crews, with safety support from fire departments, run these events. Fireworks of this size are viewed best from a quarter mile away, so there is no reason to pass the safety barricades. And stay away from "duds" that may fall to the ground.

Before you purchase your own fireworks, call your police department to find out which ones are legal in your area—and if fireworks are illegal where you live, don't use them. Visit the National Council on Fireworks Safety at www.fireworksafety.com for safety instructions. Also, watch out for M-80s and M-100s, which are federally banned explosives, not fireworks.

Summer Bummers

You are probably looking forward to summer, but not to biting bugs, noxious weeds and other summer bummers. To help you focus on the best parts of the season, the Mayo Clinic offers these tips to treat common stings and rashes.



Insects: Bees, wasps, hornets, yellow jackets and fire ants typically cause the worst reactions. Mosquitoes, ticks, biting flies and some spiders can also cause reactions, but these are usually mild.

Plants: Contact with poison ivy or poison oak causes red, swollen skin, blisters and severe itching. Symptoms usually go away after a week or so. Calamine lotion and hydrocortisone cream can help. If you have a severe reaction or if your eyes, face or genital area is involved, see your doctor.

Mild Reactions: If you experience mild swelling, itching or stinging, you can treat the bite by:

- Moving to a safe area to avoid more stings.
- Scraping or brushing off the stinger with a straight-edged object, such as a credit card or the back of a knife, and washing the affected area with soap and water.
- Applying a cold pack or ice to reduce pain and swelling.
- Applying hydrocortisone cream, calamine lotion or a paste of three teaspoons baking soda to one teaspoon water to the site several times a day until symptoms subside.
- Taking an antihistamine such as Benadryl, Tylenol Severe Allergy Chlor-Trimeton or Actifed.



Moderate Reactions: See your doctor quickly if you experience any of these symptoms:

- Mild nausea.
- Stomach cramps.
- Diarrhea.
- Swelling larger than 2 inches in diameter at the site.

Severe Reactions: Severe reactions are a medical emergency. Dial 911 or call for emergency medical assistance if you have the following signs:

- Swelling in the face, lips or throat.
- Difficulty breathing.
- Shock.
- Faintness.
- Dizziness.
- Confusion.
- Rapid heartbeat.
- Hives.
- Nausea, cramps and vomiting.

Honeybee Brownies



Planning a picnic but want to keep it healthy? Satisfy your chocolate craving by making a healthy version of this all-time favorite.

1/2 cup flour
1/3 cup unsweetened cocoa
1/3 teaspoon salt
2 tablespoons margarine
3 tablespoons water
1/4 cup honey
1/4 cup sugar
2 teaspoons vanilla
2 egg whites

Sift together flour, cocoa and salt; set aside. Cream margarine, water, honey, sugar and vanilla. Beat in egg whites, one at a time, blending well after each addition. Gradually beat dry ingredients into creamed mixture. Pour into a nonstick 8-inch square cake pan. Bake at 350F for 25 to 30 minutes. Cut cooled brownies into 2-inch squares.

Servings: 16
Nutrition information per serving:
-Calories, 88; Fat, 4 g
(Saturated, 0.9 g); Cholesterol, 0 mg; Sodium, 93 mg;
Carbohydrates, 13 g; Protein, 2 g; Fiber, 1 g

Special note: Honey should not be given to babies and children under 1 year of age.

Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at: <http://search.active.com/?tab=events>

