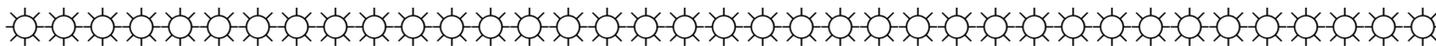


SUMMER HEALTH WATCH



LYME DISEASE

Lyme disease is an illness, which if not diagnosed and treated promptly, can cause serious problems involving the heart, joints, eyes and nervous system. In Wisconsin, this bacterial disease is transmitted to people and animals by the deer (bear) tick called *Ixodes dammini*. The tick attaches and pierces the skin to feed. In doing so they transmit bacteria.

Deer ticks are by far the most common carrier of Lyme disease in Wisconsin. The deer ticks are among the first ticks to become active in the spring, and they remain active in various life stages until winter.

In the earliest stage of Lyme disease the following symptoms may occur:

- headache
- chills
- nausea
- fever
- spreading rash
- aching joints
- fatigue

Without treatment, these signs and symptoms may disappear altogether, or they may recur off and on for several months. If Lyme disease is diagnosed during this stage, it can be treated with antibiotics such as tetracycline, penicillin, and erythromycin.

Prevention

1. By routinely checking for ticks after being outdoors, you can remove them with a tweezers before they embed and transmit Lyme disease. Ticks must be attached for about 48 hours before they transmit the bacteria to you. Conduct thorough tick checks on yourself, children, and your pets after spending time outdoors. Ticks do not fly or jump onto their host. They wait on top of grasses and other vegetation until an animal or a human brushes against them. They cling to skin, fur, or clothing.
2. Wear light colored clothing to more easily spot ticks.
3. Tuck pants into boots or socks; wear long-sleeved shirts, buttoned at the cuff.
4. Apply insect repellent to pants, socks, and shoes.
5. Walk in the center of mowed trails to avoid brushing up against vegetation.
6. Fogging or spraying an area with insecticides is not a good means of tick control. Mow the grass around your home or outbuildings to make the area unattractive to ticks.
7. See your doctor if you are concerned that you may have Lyme disease.

PROTECTION FROM THE SUN

Everybody wants a healthy glow but, there is no such thing as a healthy tan. **Tanning is the response of the body to injury caused by radiation.** Dermatologists warn that exposure to ultraviolet rays, has a cumulative effect over the years and is one of the primary causes of skin cancers. 1:5 Americans develop skin cancer in their lifetimes. The risk of melanoma, the deadliest form of skin cancer has increased 33 % since 1980.

Natural sunlight contains both UVA and UVB rays. It is important to protect yourself from both. The makers of tanning booths call the UVA rays they use safe, when in fact it's highly likely that these wavelengths play a major role in causing the skin to become dry and leathery in appearance and in weakening the skin's elasticity. This results in deeper facial wrinkles and sagging cheeks.

Ultraviolet radiation:

- Damages the unprotected lens of the eye, resulting in cataracts.
- Contributes to the development of skin cancer.
- Can cause a sunburn leading to skin cell injury.
- Causes skin sensitivity in persons who may be using certain drugs, including some tranquilizers antibiotics, diuretics and birth control pills. The allergic reactions— hives, blisters, or red blotches--can occur shortly after radiation exposures.
- Increases wrinkles, spots and uneven skin tone.

DO

- * Use sunscreen with SPF 15, even on cloudy days
- * Use liberal amounts of sunscreen
- * Apply sunscreen 30 minutes before sun exposure
- * Reapply sunscreen every 2 hours and after swimming, even if it's waterproof
- * Pay attention to the expiration date of the sunscreen
- * Wear loose fitting, tightly woven dark clothing
- * Wear gray or green lensed sunglasses with UV protection
- * Wear a wide brimmed hat
- * Use a lip cream with sunscreen

AVOID

- * Sunlight from 10am - 3pm
- * White surfaces in bright sunlight (sand, tennis courts, decks, dacron sails and tables)
- * White or loose weave clothing
- * Reflective surfaces such as water.

BICYCLE SAFETY

Whether riding for exercise or fun, taking proper precautions to protect yourself from a bicycle accident is important. Choosing the right safety equipment and riding defensively can save you from all those bumps and bruises.

Seventy-five percent of all bicycle fatalities involve injuries to the head. That is why it is crucial to always wear a helmet. Look for the label or tag noting that the helmet meets the American National Standards Institute (ANSI) or Snell Memorial Foundation requirements. This will ensure the effectiveness of the protection from a brain injury due to a collision.

Most of today's helmets are lightweight. It is recommended you try on several different helmets to find that one that fits best. Proper fit should be your main concern. For long distance rides, particularly in hot weather, be sure to check for good ventilation. The cost of a helmet can range in price from \$20 to \$450. Keep in mind this low cost can be protection from the high expense of a head injury.

When it comes to bicycle/motor vehicle crashes, most are caused by motorists. Riding defensively can help avoid injury from such an incident. The following tips can help you ride defensively.

- 🚲 Scan the traffic at all times.
- 🚲 Ride with traffic on the right side of the street.
- 🚲 Make it a habit to check over your shoulder for traffic, especially before turns.
- 🚲 Signal your turns.
- 🚲 Be aware of other traffic when approaching intersections and when making left turns.
- 🚲 Use caution when riding over railroad tracks.
- 🚲 Don't use drugs or alcohol before riding.
- 🚲 Keep your bike in good condition
- 🚲 Always carry clean drinking water

WATER SAFETY

- 🏊 Feet first, first time! Always jump never dive in a new pool of water until you know for sure how deep the water is and how even the bottom is.
- 🏊 Don't drink and swim, don't drink and boat
- 🏊 Learn how to swim well
- 🏊 When in a boat, always wear a personal floatation device
- 🏊 Know and follow boating rules
- 🏊 Keep your boat in good repair
- 🏊 Be aware of other boaters, swimmers, jet skiers and water skiers on the water.

ROLLER-BLADING

Roller blades have taken to the streets in record numbers, making the sport one of the fastest growing forms of recreation and exercise. In-line skating is also used as a mode of transportation to get to school and/or work.

Roller blading requires balancing a number of performance characteristics including comfort and speed. Technology has developed advanced materials, new wheel designs, and active braking systems which has increased the performance and popularity of in-line skates. Safety is an important factor. Invest in a fitted helmet, wrist guards and knee pads.

UW-Whitewater has a policy which allows roller blading on all parts of the campus except:

- > any stairway in front of any building
- > inside of all buildings on campus
- > tennis courts and track
- > ramps leading up to any campus building
- > benches, tables and bicycle racks

HEAT EXHAUSTION

Heat exhaustion results from prolonged heavy activity in a hot environment. Alcohol consumption and some psychotropic medications (e.g. antihistamine, blood pressure, depression) increase the risk for heat exhaustion. Some symptoms are increased pulse rate, a fever, of 100 degree Fahrenheit, moist skin, sudden unconsciousness and heat cramps.

Treatment for heat exhaustion consist of placing the person in a shaded, cool environment, providing adequate hydration (salt replenishment-orally if possible) and at least 24 hours of rest is recommended. If heat exhaustion is not treated immediately, it can develop into heat stroke.

Heat stroke is a life threatening medical emergency resulting from the failure of the body's heat regulating mechanism. **Call 911 for transport to the nearest hospital.** The symptoms include: dizziness, high fever, lack of sweating, weakness, rapid and intense mood swings, nausea and vomiting, confusion, delirium blurred vision, convulsions, collapse and unconsciousness.

Hot Weather Exercise Tips:

- 🏃 Exercise less than normal for a week until you become adapted to the heat.
- 🏃 Drink at least 8-10 glasses of water per day.
- 🏃 Avoid exercise during the hottest times of day and during a heat advisory.
- 🏃 Limit consumption of alcohol as it contributes to dehydration.