



# Healthy Headlines

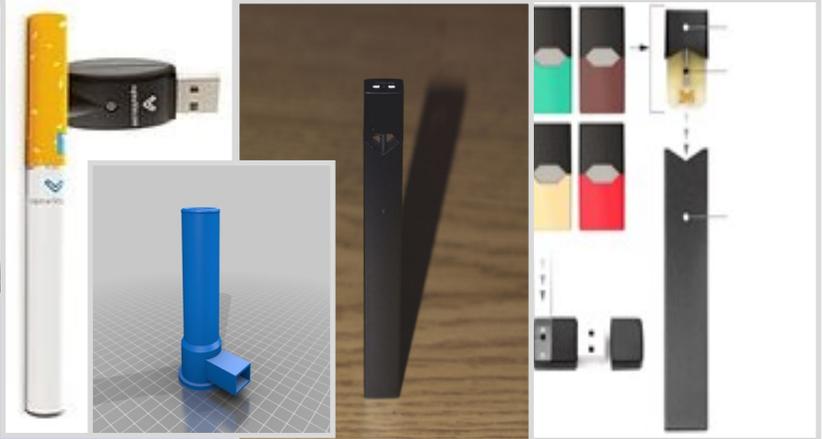


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**DO YOU KNOW WHAT THESE ARE?  
THINK THEY ARE A SHARPIE, OR  
FOR A COMPUTER?**

**YOU COULDN'T BE MORE  
WRONG!**



These are electronic cigarettes in the form of JUULs. They are nothing more than an Electronic Nicotine Delivery System. Electronic cigarettes were first used by adults to assist in quitting smoking. E-cigarettes provided the user with nicotine (an addicting substance) without the known harmful effects of smoking: cancer, chronic lung disease, etc. But until there is sufficient long term outcomes data on the effects of E-cigarettes, we don't know how harmful e-cigarettes, vaping and JUULing (inhaling and exhaling the vapor produced by an electronic cigarette or similar device) can be.

JUULing (a form of vaping) is sweeping through high school hallways, classrooms and bathrooms. A significant portion of teen users do not consider JUULing as vaping, nor dangerous. The danger comes from not knowing what you are actually inhaling when JUULing due to the lack of regulatory oversight on electronic tobacco products. Lack of regulatory oversight means lack of quality control. Typically there is no product information available on E-cigarettes packaging: what the product contains, and the quantity and strength of each individual ingredient. Some teens are not even aware they are inhaling nicotine. One JUUL is the equivalent of 200 cigarette puffs or smoking a pack/day.

JUULs come in many shapes, sizes, colors and flavors making them particularly attractive to pre-teens and teens. This is a marketing tactic used by Big Tobacco to target this market segment. The fascination with e-cigarettes and juuling products stem from that the facts that they are relatively easy to buy in any convenience store. They are easy to use, inexpensive, easy to hide (disguised as everyday items), and can be used undetected. One juuling device is disguised as a thumb drive and can plug into a computer to recharge. Finally they do not leave the odor that smoking cigarettes does.

The original market for tobacco products focused on adults. But the tobacco industry has now moved on to targeting children. Children use at a much higher rate than adults. Schools are at a loss on how to handle this problem.

How can you tell if your child is using E-cigarettes? 1) You smell something unusually sweet, or nice and there

Is no evidence to the same. 2) You see a gadget or pen that is not a gadget or pen. 3) Your child suddenly starts drinking more water, and/or stops drinking coffee or Red Bull (former favorites). 4) You see unfamiliar batteries, discarded atomizers in your child's trash.

There are a number of videos on vaping, juuling, and e-cigarettes on the internet. Some of these favor use of these devices. Others demonstrate how to use them without being caught. As a parent you need to be aware of what your child is doing, and whether or not it is harmful. A little research will go a long way in helping your child to avoid harmful products. Talk to your child; know the facts about E-cigarettes and their associated products. Support local strategies to reduce tobacco use.

The Boston Globe published an article on e-cigarettes on November 15, 2017. See: <https://www.bostonglobe.com/metro/2017/11/15/where-teenagers-are-high-school-bathrooms-vaping/IJ6xYWWIOTKqsUGTtlw4UO/story.html>. Contact Kathleen Wilbur of the Southeast Tobacco-Free Community Partnership for additional information. [www.sevenhills.org](http://www.sevenhills.org)



## CARING FOR YOUR EYES

### Here Are A Few Tips To Maintain Healthy Vision

- Reduce computer-related eyestrain, following the 20/20/20 rule. For every .20 minutes of screen time, look 20 feet in front of you for 20 seconds.
- Shade your eyes from the sun. UV rays

can cause irreversible damage to your eyes. Be sure to wear sunglasses whenever your are out and about.

- Feed your eyes with food high in lutein, omega-3 fatty acids of lycopene. Eggs, nuts, carrots, spinach, watermelon, papaya and fish are all eye-healthy choices
- Remember to have annual eye exams. The exams can detect even the slightest changes to your eyes
- Check for early signs of diabetes, high blood pressure and high cholesterol.

**Remember: The eye is the jewel of the body. Henry David Thoreau**

## THE TRUTH ABOUT FLIP-FLOPS



Flip flops have been a frequent topic in Healthy

Headlines: namely that they are not appropriate footwear for school. And while summer is not yet here, but approaching, its not too early to learn the truth about flip flops.

The casual, comfortable flip-flops can harbor 18,000 bacteria on just one pair of flip-flops, discovered by the University of Miami, Emergency Mobile Flip-Flop Lab. The germs included fecal matter, skin, respiratory germs and, germs that cause yeast infection and diaper rash.

The New York Daily News tested 2 pairs of flip-flops that traipsed through bars in the New York's West Village, plodded through Brooklyn's Prospect Park, rode the subway trains, attended Brooklyn Cyclones game in Coney Island and, rode the Cyclone roller coaster. One pair wandered into a subway station's public restroom. That pair harbored about 13,900 more bacteria than the other pair. Most disturbing of all, the

flip-flops provided shelter to the potentially lethal germ *Staphylococcus aureus*.

*Staph aureus* can be especially problematic in the presence of an open cut, blister, torn cuticle on the foot, or on your hands if you handle your flip-flops. Dr. Philip M. Tierno Jr., Director of Clinical Microbiology and Immunology at New York University's Langone Medical Center pointed out that if such footwear was worn for three months over the course of an entire summer, 93% of them would have fecal bacteria on them, and 20% would have *E. coli*. Dr. Tierno also stated "The bacteria detected indicate obviously that feces, urine, spit, vomit, and animal droppings were all present.

*S. aureus* can cause a range of illnesses, from minor skin infections, such as pimples, impetigo, boils, cellulitis, folliculitis, carbuncles, scalded skin syndrome, and abscesses, to life-threatening diseases such as pneumonia, meningitis, osteomyelitis, endocarditis, toxic shock syndrome, bacteremia, and sepsis. Some kinds of *E. coli* can cause diarrhea, while others cause respiratory illnesses, urinary tract infections, respiratory

illnesses, pneumonia and other illnesses. And while Plymouth is not New York, the ground we walk on contains the same germs.

Dr. Lisa Plano, a microbiologist at the University of Miami, agreed with Tierno's assessment of the dangers of germs on flip-flops, but took a reasoned approach and said this knowledge shouldn't inspire utter panic in flip-flop owners. "As long as your skin is intact, as long as you use common sense and don't knowingly expose yourself you shouldn't be alarmed," she said. "

So armed with this information, what's a fan of casual footwear to do?

- Avoid touching your flip-flops and your unwashed feet as much as possible
- To help combat exposure, wash your hands, feet and flip-flops often
- Remove shoes before you walk around your home.
- Reserve flip-flops for beach or poolside attire only.

Flip-flops are nice for the beach and pool, and perhaps in the home. But flip-flops do not last long, so wear them temporarily. *There is a place for flip-flops; that place is not in school.*

Reference: *TODAY* Tues., Aug 18, 2009

## WHY LEARN CPR

Cardiac arrests are more common than most people think. They can happen any time to anyone. According to the American Heart Association, 383,000 out-of hospital sudden cardiac arrests occur annually. Victims appear healthy with no known heart disease. 88% of out-of-hospital cardiac arrests occur at home.

Anyone can learn CPR. By doing so, you may save a life, in particular someone you love: a parent, spouse, child, or friend. Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival but only 32% of victims receive CPR from a bystander. As a result less than 8% of victims who suffer a sudden cardiac arrest outside the hospital survive.

So learn CPR and save a life. Formal classes are available through the American Heart Association. Ongoing classes are offered at BID-Plymouth Hospital. You can also prepare yourself to act in an emergency by simply viewing the *Hands-Only™ CPR Instructional Video* located on YouTube, or you can check out the video on the AHA's website:

[https://www.youtube.com/watch?v=O\\_49wMpdews](https://www.youtube.com/watch?v=O_49wMpdews), and

[http://cpr.heart.org/AHA/ECC/CPRandECC/Programs/HandsOnlyCPR/UCM\\_473196\\_Hands-Only-CPR.jsp](http://cpr.heart.org/AHA/ECC/CPRandECC/Programs/HandsOnlyCPR/UCM_473196_Hands-Only-CPR.jsp)



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