



# THE BEACON

## Wellness Edition - February 2017

### Preventing Lyme Disease

Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans. Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

#### Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist

Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

#### Remove Attached Ticks Quickly and Correctly

Remove an attached tick with tweezers or a tick removal tool as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small; however, other diseases may be transmitted more quickly.

#### App of the Month - NIKE+ TRAINING CLUB



All-new workouts and smarter personal training for every level.

Nike Master Trainers and Athletes deliver workouts and adaptive training plans personalized to you, with the motivation and guidance you need to get fit. Workouts focus on strength, endurance, and mobility, with easy-to-follow coaching.

Share and compare fitness progress with friends and the Nike+ community, and stay moving, and motivated with your ultimate personal trainer.

*This app is available for free on iPhone and Android devices.*

Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if you have signs or symptoms.

#### Be Alert for Fever or Rash

Even if you don't remember being bitten by a tick, an unexpected summer fever or odd rash may be the first signs of Lyme disease, particularly if you've been in tick habitat. See your healthcare provider if you have symptoms.

#### Create Tick-safe Zones in Your Yard

Modify your landscaping to create "Tick-Safe Zones." It's pretty simple. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Regularly remove leaves, clear tall grasses and brush around your home, and place wood chips or gravel between lawns and wooded areas to keep ticks away from recreational areas (and away from you).

- Use a chemical control agent - Effective tick control chemicals are available for homeowners to use, or a professional pest control expert can apply them.
- Discourage deer - Deer are the main food source of adult ticks. Keep deer away from your home by removing plants that attract deer and by constructing barriers (like a fence) to discourage deer from entering your yard and bringing ticks with them.

Source: Centers for Disease Control and Prevention ([www.CDC.gov](http://www.CDC.gov))

#### Recipe of the Month - Raw Brownies

##### Ingredients

- 1 cup rolled oats
- 1/2 cup carob powder
- 1/4 cup toasted sesame seeds, ground
- 1/4 cup sunflower seeds, ground
- 1/2 cup honey
- 2 cups chopped walnuts

##### Nutrition (per serving)

Makes 16 servings

- Calories - 167 kcal
- Fat - 11 g
- Carbs - 17.6 g
- Protein - 3.5 g
- Cholesterol - 0 mg
- Sodium - 2 mg



##### Directions

1. Combine the oats, carob powder, ground sesame seeds, ground sunflower seeds, honey, and chopped nuts. Mix well and press into the bottom of an 8 inch square dish.
2. Chill and cut into 2 inch squares to serve. These tend to be a little on the crumbly side.

## Psoriasis

Psoriasis is a chronic inflammatory disease of the immune system. It mostly affects the skin and joints, but it also may affect the fingernails, toenails, soft tissues of the genitals, and inside of the mouth. Certain forms of psoriasis can be associated with other diseases and conditions, including diabetes, cardiovascular disease, and depression. It is important to see your dermatologist for the successful diagnosis and treatment of psoriasis.

### Psoriasis Facts

- Psoriasis is a serious medical condition affecting approximately 7.5 million people in the United States.
- Psoriasis occurs in all age groups but is primarily seen in adults.
- Psoriasis usually occurs on the scalp, knees, elbows, hands, and feet.
- The most common form of psoriasis, affecting about 80 to 90 percent of psoriasis patients, is plaque psoriasis. It is characterized by patches of raised, reddish skin, covered with silvery-white scale.
- There are other forms of psoriasis, including inverse, erythrodermic, pustular, guttate, and nail disease.

### Treatment Options for Psoriasis

- Topical treatments are helpful for mild to moderate psoriasis, but do not tend to be effective for treating moderate to severe psoriasis.
- Topical treatments include anthralin, coal tar, emollients, salicylic acid, tazarotene, topical corticosteroids, and forms of vitamin D.
- Patients with moderate to severe psoriasis can be treated with traditional systemics, phototherapy, or biologic agents.
- In cases of more extensive psoriasis, topical agents may be used in combination with phototherapy, or traditional systemic or biologic medications.
- Since biologic therapies target the immune system, it is important to prevent infections during therapy. Patients need to be monitored and evaluated periodically.
- A board-certified dermatologist can evaluate your treatment options, including new and emerging therapies, and help you determine which treatment is best for you.

Source: American Academy of Dermatology ([www.aad.org](http://www.aad.org))

### Do you have a question or concern?

If there is a topic you would like us to cover in an upcoming newsletter, please contact us at [beacon@reschini.com](mailto:beacon@reschini.com) with "Newsletter" in the subject line, along with a detailed description of a topic or question you would like to be addressed.

## Children's Oral Health

Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.

- About 1 of 5 children, aged 5 to 11 years, have at least one untreated decayed tooth.
- 1 of 7 adolescents, aged 12 to 19 years, have at least one untreated decayed tooth.

The good news is that tooth decay is preventable. Fluoride varnish, a high concentration fluoride coating that is painted on teeth, can prevent about one-third of decay in the primary teeth. Children living in communities with fluoridated tap water have fewer decayed teeth than children who live in areas where their tap water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have less tooth decay.

### What Parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

- Protect your child's teeth with fluoride.
  - Use fluoride toothpaste.
    - If your child is under the age of 6, watch them brush their teeth and make sure they spit the toothpaste out rather than swallowing it.
    - If your child is under the age of 2, do not use fluoride toothpaste unless recommended by your doctor or dentist.
  - Talk to your pediatrician or dentist about a fluoride varnish application as soon as their first tooth appears.
  - If your drinking water is not fluoridated, ask your dentist, family doctor, or pediatrician if your child needs oral fluoride supplements.
- Talk to your child's dentist about dental sealants.
- Have your child visit a dentist for a first checkup by age 1, as recommended by the American Academy of Pediatrics.

Source: Centers for Disease Control and Prevention ([www.CDC.gov](http://www.CDC.gov))

### Additional Resources

- [Centers for Disease Control and Prevention](http://www.cdc.gov) ([www.cdc.gov](http://www.cdc.gov))
- [American Academy of Dermatology](http://www.aad.org) ([www.aad.org](http://www.aad.org))
- [American Academy of Pediatrics](http://www.aap.org) ([www.aap.org](http://www.aap.org))