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HEALTHY PLANET

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**EARTH
DAY**

April 22

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Bluegrass Edition

APRIL 2009



Have you heard about...

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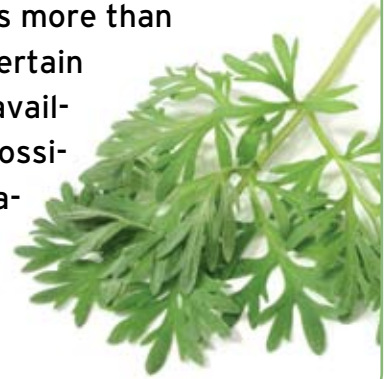
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WORMWOOD FIGHTS CANCER

Researchers at the University of Washington have discovered that a compound derived from the sweet wormwood plant (*Artemisia annua L*), an ancient herb used in Chinese medicine and in Asian salad dishes, is more than 1,200 times more specific in killing certain kinds of cancer cells than currently available drugs. The finding heralds the possibility of a more effective chemotherapy drug with minimal side effects.

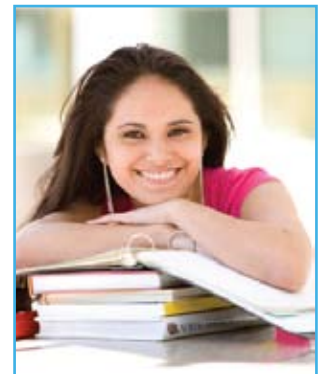


Source: University of Washington, 2008

Now is the time.
Needs are great, but your possibilities are greater.

—Bill Blackman

Wondering about MRSA...



MRSA – Methicillin –Resistant Staphylococcus Aureus is a staph infection that is resistant to certain antibiotics and may lead to complications. Common staph infections start as a tender pimple or boil with redness and oozy pus. They usually heal with soap and water cleansing.

To prevent transmission of MRSA, think of 5 Cs from www.cdc.gov :

- Crowding: schools, locker rooms, homes, prisons, daycare.
- Contact: skin to skin, in sports, play, work.
- Compromised: skin with cuts, abrasions, scrapes. (Susceptible to contamination from other's infection)
- Contaminated: bandages, personal items, clothes, towels etc. that touched open sores.
- Cleanliness: Frequent handwashing prevents staph spread. Clean/disinfect common surfaces of skin contact in crowded areas. www.epa.gov lists disinfectants for MRSA.

To prevent MRSA spread : Wash sores and keep them covered with clean dry bandage. See doctor for lancing/draining of sore. Wash contaminated clothes, sheets, towels and put in dryer. Do not lend/borrow towel, razor or athletic clothes.

"It is important to stress common sense hygiene (soap and water to cleanse skin lesions; NOT sharing clothes and towels.) Sharing in this regard has its hidden, dangerous risks," says Dr. Richard Greenberg, Professor of Infectious Medicine, University of Kentucky.

Don't help bugs to become antibiotic- resistant. "Take as directed" means just that. Take all of your prescribed medicine. Don't save a few for your next sore throat. Don't share pills with others.

We are on this earth together. Let's be aware and do our part to prevent the spread of emerging infectious disease.

Terry Foody, RN, MSN is a Certified Clinical Research Coordinator and a Speaker/Consultant on health topics. For more information contact terryfoody@juno.com or www.TerryFoody.com

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