



HEALTHWIRE NEWSLETTER

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The Dangers of Binge Drinking

Gulping down shots quickly can pack a serious punch—and could kill you. What is bingeing? Having 4 or more drinks within a couple of hours is bingeing. One drink is equal to: 1.5 oz. of hard liquor, 12 oz. of beer, or 5 oz. of wine.

Drinking effects on your body:

TALKABLE AND FLUSHED: The alcohol is affecting your senses of logic and reasoning by dulling the receptors in your brain—that’s why you feel so uninhibited.

FEELING DIZZY: The messages your brain sends to your muscles are slowed by alcohol, which makes it more difficult for you to walk or even stand still.

SLURRING YOUR WORDS: The alcohol in your bloodstream is blocking oxygen from fully reaching the part of your brain that controls speech.

THROWING UP: Your stomach produces more acid when you drink alcohol. The increase in stomach acid causes an irritation, leading you to vomit or have diarrhea.

PASSING OR BLACKING OUT: Bingeing kills cells in the long-term memory center of your brain, making it hard to stay alert now-and recall information later on.

Have fun at a party without drinking:

1. Fill your cup with soda, seltzer or juice. Chances are nobody will notice that there is no booze in your glass.
2. Take on a fun role, photo-taker or DJ. It’s a great way to stay social and a solid reason for you to remain sober all night.
3. Bring a friend who doesn’t plan on getting drunk. That way you’ll still have somebody fun to hang out with.

Child Abuse Prevention Month

April has been designated Child Abuse Prevention Month in the United States since 1983. President Barack Obama continued that tradition by declaring April 2009 Child Abuse Prevention Month.

Child abuse is the physical or psychological/emotional mistreatment of children. There are four major categories of child abuse: neglect, physical abuse, psychological/emotional abuse, and child sexual abuse. Physical abuse has the most obvious sign, but child abuse is more than broken bones and bruises. Emotional abuse or child neglect leaves deep, long lasting scars. Some signs of child abuse are not as obvious as others. By learning common types of abuse and what can be done, you can make difference. The sooner abused children are helped, the greater their chance is to heal and not continue the

cycle of abuse. You should know the signs and symptoms of child abuse and help break the cycle.

Some examples of Child abuse are ignoring children’s needs, putting them in unsupervised dangerous situations, or making a child feel worthless or stupid. No matter what type of child abuse, the result is serious emotional harm.

Some effects of Child Abuse include:

- Lack of trust and relationship difficulties.
- Core feelings of being “worthless” or “damaged.”
- Trouble regulating emotions.

Child abuse is a serious problem. If you suspect a child is being abused or neglected, call the police or your local child welfare agency.

Points of Interest

National [Sexual Assault](#) Awareness Month - in United States

Thanks for everyone who made the Blood Drive on Tuesday, March 30 a success. There were 110 pints of blood donated. Way to go!



April’s flower is the Daisy and Sweet Pea.



ROW, ROW, ROW YOUR BOAT

By Donna Thourot



If I say the word repetition to you, what is the first thing that pops into your mind? For me, it was row, row, row your boat. No, I have never raced a scull, but was always amazed at the endurance of strong, rowing arms. I wonder what the answer to that question would be if I stopped and posed my inquiry about repetition to a Carpentry student. Would it be hammer, hammer, hammer the nails in those boards? Think about the implications for repetition in your work and home life. What is it that you do repetitively throughout the course of a typical day? What is it that you do, that could impact and put strain on your muscles, tendons, and joints? Repetitive motion injuries are just what they imply...a cumulative negative effect on our body by repetitive activities. Just to further demonstrate how wide a range my free floating thoughts extend...are you a fan of Jeopardy on TV each week night? Repetitive Motion Injury was the answer to a question just this week and imagine...a lucky but well versed contestant got paid big bucks for knowing that answer!

Symptoms of RMI (Repetitive Motion Injury) include aches, pains, fatigue, swelling, tingling, numbness or weakness in muscles and joints. What should you do if you notice you have these physical complaints on and off? Consider the cause and make a change in the way you perform these activities. Perhaps you use the same hand and arm in completing a task for a prolonged period. Maybe you hold your limbs in an awkward position or posture that puts a strain on your body. Did you ever observe a person, cradling a telephone or cell phone while multi-tasking, only later to hear him or her complain of a crick in their neck or shoulders? Have you ever admired quilters or weavers as they perform their deft hand skills? There is a Quilt Museum in center city Lancaster. Many hands and many hours were involved in producing a colorful display for all visitors to enjoy. I suppose these craftsmen and women endured stiff, achy hands and wrists as they completed their tedious process in repetitive motion.

Forceful exertion is another factor to consider, as a task requiring force could put a higher load of stress on joints, muscles and tendons. You've probably heard of "tennis elbow". Think of the force involved in racquetball or the swinging of a golfer's club. People choose to participate in these sports; in fact, anticipate this workout after a sedentary day or supplementary to their exercise regimen. Workers on the transcontinental railway, however, probably did not look forward to a day of pounding in those spikes on the railroad lines. We sure are grateful for their hard arms, shoulders and back breaking work in securing a well used mode of transportation for us today. Another example would be to envision how Pennsylvania coal miners endured unhealthy conditions as they spent the day, heaving their picks to separate coal from the walls of these underground excavations.

Duration is yet another factor. Using the same set of muscle groups for a prolonged period of time could cause fatigue in those same muscles, making them an open target for injury. Electricians putting in a house service, stripping out wires and twisting with pliers repetitively for hours, could attest to their hands feeling the effects. What activity do you perform over and over in shop for long periods of time to get a task accomplished? On the home front, could I venture to guess that for many, it was shoveling heavy snow from roofs in February.

Compression of a body part on a sharp or rigid object could result in diminished blood flow to an area, be it nerve, tendon, or muscle. Observe plumbers, closing a sleeve with a torque wrench, as they squeeze and twist to get the job done. Office personnel often find themselves stapling piles of paperwork or using a punch press. Did your hand ever "go to sleep" with pins and needles feeling? That is so annoying!

Chores involving vibration could affect individual body parts or the entire body in some way. Is anyone brave enough to handle a jack-hammer for a day? I can feel my teeth clattering now. Have you ever cut out ceramic tiles for your kitchen floor with a diamond blade saw? Have you ever used a hand operated lamp? What would have some application for you in your shop, home improvement, or a side job?

There are additional factors, both physical and mental, that could put you more at risk for RMI. These include having health conditions such as diabetes, Reynaud's, arthritis, heart disease, smoking, alcoholism, hypertension, poor nutritional status, lack of exercise (meaning you are out of shape) and job dissatisfaction. This last factor means "your heart is just not in what you are doing". You subsequently become distracted and injure yourself. As a result, both your physical and emotional health suffers. Take the time to re-vamp and make changes in your life.

Young adults can be susceptible to injury, too. Observe students lugging heavy backpacks over one shoulder, when a decreased load shared between the back and arms would be a better option, than having to suffer repetitive strain injury. Students weighed their backpacks on my scales, while I was school nursing at a local high school, and many exceeded fifty pounds. Portable luggage carriers were often utilized to solve this problem, while other classroom teachers made allowance for textbooks to remain secured in their areas.

Writing for a prolonged time can lead to "writer's cramp". Why not opt for a wide grip pen or pencil? Anyone, who spends hours in front of their computer, needs to get up and move around every hour. When you take this break, put your hands on your hips and slowly lean backwards. While at the computer, you could stretch your fingers, dangle your arms, and stretch the front of your chest by lacing both hands behind your head and carefully leaning back. Shoulder rolls and alternating ear to shoulder drops are also a way to loosen and relax muscle groups. Do so slowly and carefully, so as not to hurt yourself.

Ergonomics should be considered. Having a chair correctly suited for size and height with back support should be obvious. Do I need to prompt you not to grip the mouse, but rather relax your hands, keeping wrists in a flat neutral position? Vary tasks and rotate to other physical activities. Adjust physical elements specific to your workplace. Now you can operate and fulfill your duties in a relaxed and efficient manner. Keep good posture at the forefront, and this will go far in preventing injury to your body. We take our bodies for granted and expect them to perform at all times. Just as we maintain our vehicle and equipment, so must we maintain our body by eating the right food, getting fresh air (that means not smoking), enjoying a good night's sleep and exercising. Enough said. Get up and stretch!