

Natural Path to Health: Skin Care

By Dr. Carol McIntyre

Happy Summer!! Yes, I think it has finally arrived.... Finally! Now that the sun is going to be out, I thought we should talk about how to take care of our skin.

First and foremost, stay hydrated! This is the most fundamentally important thing you can do to keep your skin healthy... not to mention keeping your body hydrated in the heat to avoid heat stroke. Your skin is your largest organ and your body is made up of over 85% water, so in order to keep your skin soft and supple you need to drink enough water. Water is the oldest beauty secret for healthy skin.

Second, apply sunscreen. It

is important to use sunscreen daily, especially on your face, to avoid formation of lines/wrinkles. Of course you want to wear sunscreen when you're playing in the sun or floating down the river, but you really should be wearing it on a daily basis to avoid over exposure and decrease your risk of skin cancer.

Third, moisturize. Yes, you need to support your healthy skin from the inside and the outside. Applying a good moisturizer right after bathing will help lock in moisture and leave your skin soft and smooth.

So, what happens when you do forget your sunscreen and you get a sunburn? Well, I of course have my favorites... Aloe is amazing for healing, as well as lavender essential oil. Both of

these have amazing healing properties and will help soothe the burn. Some people will apply aloe gel directly from the leaf to their burn and I find that sometimes this can actually irritate the skin.

I suggest using an aloe vera gel for topical relief. There is a wonderful new spray that I have for sale in my office that is made by my preferred aloe distributor. It is a wonderful healer and does not need to be used just to treat sunburn. Other uses include a facial toner, wound healer, hydrating spritz and much more. I also carry the aloe gel, which as many of you know, treats all types of skin conditions from sunburn to scrapes/wounds to eczema! Wonderful.

If you decide to use the lavender

essential oil just be sure to test it on a small area of your skin first to determine whether it will be irritating to your skin. Lavender is one of the only essential oils that you can apply directly to the skin without irritation, but some people are sensitive so it's better to check first. You can even add a few drops to the aloe spray for an added healing effect.

OK. Stay hydrated, wear your sunscreen and moisturize! Enjoy the sun~ Be Safe~ Summer is finally here!

Thanks for joining me. Be Well~

P.S. We are now in network with Kaiser/CHP~ get a referral from your PCP if you can. I am also booked a month out... so keep that in mind when you call to schedule.

Creature Comforts ~ What in the Sam Blazes is LEPTO Anyway?

By Victoria Guerrero

Being a dog owner comes with so many rewards, but also responsibilities. One of the many responsibilities is vaccinating against disease.

Many local veterinarians send out post cards as a reminder for yearly vaccines. Some may feel that yearly booster vaccines are a waste of money, or not crucial for a dog's health. But a few facts about what Dhlpp is may be surprising, and hopefully will encourage you to have your dog friend/s vaccinated yearly. This month we are focusing on the "L" part of the vaccine, to further educate and support our community.

I was prompted to write on the topic of vaccines when my neighbor's healthy adult dog died, from what the

Veterinarian assumed to be lepto, or as it's called in the vaccine, Leptospirosis. Lepto has many names including Canicola Fever, Caver's Flu, Mud Fever, Swamp Fever to name a few. It only makes sense that lepto would be given such names as it thrives in water, and during rainy seasons. It is an easily transmitted disease, being transmitted from the urine of an infected animal. A wide number of animals can be carriers of Lepto, but primary hosts include raccoons, rats, voles and mice.

Lepto is contracted when an unvaccinated animal comes in contact with an infected animal's urine, blood, food, soil, or water from a puddle that an

infected animal has been in contact with. It is not common for an animal to get lepto from eating an infected animal, however.



The scary part about lepto is that it is a zoonotic disease--zoonotic meaning it is transmittable to humans from animals. Though the risk is very small,

it is worth mentioning. If a human has an open wound that comes in contact with an animal with lepto, or water that has been contaminated, it is then possible for that person get lepto.

A dog that has contracted lepto will show the following signs, usually within 4 to 12 days: fever, lethargy, and lack of appetite. It is also accompanied by vomiting, diarrhea, and the eye color and or urine may seem more yellow as well due to the compromising of the liver.

Lepto is a bacterial infection that if caught in time, is treatable, though treatment can be very expensive.

Of course prevention is the best medicine and in researching lepto, it appears that aside from vaccination, the best prevention is keeping the out-of-doors as carrier-free as possible. Feeding raccoons seems to be a common way to contract lepto as raccoons are the main carriers of it. Though not yet proven, feral cats are suspected as carriers as well. So plan on vaccinating your dog as a puppy, and give yearly boosters as adults.

At Creatures, we carry both puppy vaccines, and adult dog boosters, please feel free to call for an appointment for a booster if your dog/s are due!

Creatures is located at 736 Bridge Street, Vernonia and can be reached at 503-429-7387.

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