



Tribal Elders Gloria Ingle Rilatos and Elaine Jackson Rilatos teach Madison Blacketer and Trinity Blacketer the ring and pin game at the Lincoln City Head Start Family Fun Night.



Tribal Whip Woman Shirley Walker teaches Tenaya Cordova how to make a dentalium necklace at the Lincoln City Head Start Family Fun Night.

Courtesy photos

Family Fun Night helps children learn about American Indian cultures

By Tiffany Stuart, Head Start Teacher

The Lincoln City Head Start was busy learning about American Indian cultures at the Family Fun Night on Nov. 8. Families played the moccasin game, made and

played the ring and pin game, made a dentalium necklace and enjoyed popcorn and water.

Thank you to the parents for donating items for the night. Thank you to the

volunteers – Tribal Whip Woman Shirley Walker; Tribal Elders Gloria Ingle Rilatos and Elaine Jackson Rilatos; Lori Jay-Linstrom, parent involvement coordina-

tor for Tribal Head Start; Tribal member Tim Stuart; and teachers Rena Philbrook and Tony Blomstrom.

The staff looks forward to the next Family Fun Night.

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Tooth Talk: Cold sores and OTC products to treat and maybe prevent them

By Mary Ellen Volansky, EPDH, MS

This continuation on the subject of cold sores and their treatments, a topic begun last month, was more difficult. With so many products, articles and advertisements to be considered, I found it troublesome to sort them all out.

The topic this month was only for over-the-counter (OTC) treatments. Narrowing my search made it manageable; the few products with the most information are presented below. I hope this is helpful and healing for you.

SuperLysine Plus⁺ cream study¹: The subject pool for one study was small, 15 men and 15 women with histories of cold sores. During the study, the 30 subjects had the following symptoms – tingling, itching, burning, tenderness, prickling, soreness, bump/swelling, small blister(s), oozing blisters and crusting.

The subjects kept a daily journal and were photographed (courage, those folks). Results: “This product produced a ‘cure’ ... in 40 percent of the study participants by the end of the third day and in 87 percent of the participants by the end of the sixth day. All lesions were cured by day 11.” It appears that cold sores can last up to 21 days.

This study on SuperLysine Plus⁺ cream was funded by Quantum, Inc. of Eugene, Ore., the maker of SuperLysine Plus⁺ cream. The study was not done by Quantum. It was conducted by the Southern California University of Health Sciences Research Division.

The study was of a small sampling with no control group (those with the same symptoms who did not use any product). These are aspects of research

that raise questions about the value of the outcomes.

The researchers were open enough to say, “A larger, heterogeneous, double-blind, randomized, controlled clinical trial is necessary in order to definitively determine the efficacy of this product.” So this research appears hopeful and questionable at the same time.

SuperLysine Plus⁺ cream can be purchased at Amazon.com for \$11.88 for a .75 ounce tube.

The “Plus⁺” aspect of this lysine cream includes zinc oxide; lithium carbonate 3X; propolis extract; calendula flower extract; echinacea flower extract; goldenseal extract; vitamins A, D and E in a natural olive oil base; yellow beeswax; cajuput oil; tea tree oil; gum benzoin tincture; and honey.

The use of zinc to prevent or improve healing came up a few times, so it makes sense that it’s included in a cold sore treatment product.

Viroxyn: This product is ... expensive. Just how expensive? It’s \$42.95 expensive on Amazon.com. At that price, it should completely do away with cold sores forever – but it doesn’t.

One study² with a larger subject group than the previous study had 180 participants who were divided into three groups. One group used Abreva, one used Viroxyn and the third group was the control.

I don’t who funded this research, about randomized subjects (how people were placed into each group) or if this control group was a double-blind (no one knew who was taking or not taking a medicine, not the subjects nor the researchers).

The outcomes were best for Viroxyn, “eight day reduction in healing time” and a “loss of discomfort at one hour.” In the same study, Abreva had a “four day healing reduction in healing time” and a “loss of discomfort time of three days.”

The authors of this research concluded that both “offered a significant reduction in both the time to healing and time to loss of discomfort. Furthermore, Viroxyn offered a significant reduction relative to Abreva.” Maybe it is worth the big bucks?

L-lysine: The university of Maryland Medical Center listed the following on this product: “Some studies have found that taking lysine on a regular basis may help prevent outbreaks of cold sores and genital herpes. Lysine has antiviral effects by blocking the activity of arginine, which promotes HSV (herpes simplex virus) replication.”

The author went on to mention that some studies had shown a reduction in severity and duration of an HSV outbreak and one study showed it did not reduce symptoms.³

The New York University Langone Medical Center posted the following on L-lysine: Most people need about 1 gram of lysine per day. They offered therapeutic doses for HSV at 1 gram three times per day. The research reported on this webpage were of small subject groups and not large enough to be conclusive.

Overall, I did not find much research has been completed on the benefits of L-lysine. My recommendation for L-lysine, or any health care product, is to be sure of a product’s safety and expected benefits for you as an individual.

You might consider the following questions: Are you healthy? Does your immune system work? Are you sure what you have is a cold sore? Have you checked with your health care provider?

Here’s one more product, lemon balm.⁴ A research “study in Germany showed lemon balm cream proved to promote healing of blisters in five days compared to 10 days in the control group. Used regularly, lemon balm cream may decrease the frequency of recurrences.”

Research continues on the treatment of cold sores. One study in the *Journal of Drugs in Dermatology* for 2012 tested the use of a “nanoemulsion of an antiviral.”⁵

Researchers took an antiviral medicine and put it into a liquid capable of getting into or under our skin to reach the virus inside our lip or other tissues. The healing times were not as grand as those made for the products listed above. So I doubt we will see this product, as an OTC or prescription product, anytime soon.

May your holidays be bright, safe and cold sore-free.

1 Safety and Effectiveness of an L-Lysine, Zinc, and Herbal-Based Product on the Treatment of Facial and Circumoral Herpes; *Alternative Medicine Review*, Vol. 10, No. 2, 2005, p. 123-126

2 Abstract: Treatment of herpes labialis: comparison of two OTC drugs and untreated controls; McCarthy JP, Browning WD, Teerlink C, Veit G; *Journal of Esthet Restor Dent* 2012 Apr; 24(2): 103-9

3 umm.edu/altmed/articles/lysine-000312.htm

4 altmedicine.about.com/cs/supplements/a/ColdSores.htm

5 Treatment with a novel topical nanoemulsion (NB-001) speeds time to healing of recurrent cold sores. *J Drugs Dermatol* 2012 Aug; 11(8):970-7