

# Buzz, buzz, ouch! It's that time of year again! How to keep up the good work longer



A spider bite or a bee sting can ruin an afternoon of fun and may even require a trip to the hospital. It's no wonder we stomp, swat and spray insecticides when the bugs of summer come our way. It's best to avoid these wonders of nature, and here are a few tips that may help.

When you know you're going to be in an area where there are flying insects, try wearing neutral colored clothing. Bright colors, like orange and yellow, make you look like a flower and may attract insects. And a scarf worn around the head or neck can trap flying insects, a sure way to get stung. Wear gloves while gardening. Shoes or boots will also protect against insects. Don't wear perfume, hair spray, heavily scented suntan lotions or other scented cosmetics. They attract flying insects. Repellents keep mosquitoes, flies and ticks away while they may actually attract bees, wasps and yellow jackets.

Learn to recognize the most bothersome or even dangerous types of insects. It helps to know where they live and what kinds of habits they have.

Wasps build their nests under the eaves of houses. Bees usually live around trunks of trees. And yellow jackets are attracted by food.

The black widow spider seeks out dark places in lumber piles,

tree stumps and cracks in basements or houses. It has a black, shiny body and long slender legs with an orange-red hourglass marking on its abdomen. It generally only bites if disturbed.

The brown recluse spider lives in trees or bushes and bites victims around the head or shoulders as they walk under trees, or on the feet, legs or arms as they brush against vegetation. The brown recluse adult has a light brown body and darker brown legs. This spider can be identified by the fiddle-shaped mark on the top of its head.

A severe allergic reaction to an insect's venom can be life-threatening. Anyone who has had a serious reaction to an

insect bite or sting and has not been desensitized by an allergist should carry epinephrine, a drug used to combat allergic reactions. It is available by prescription. The medication, however, does not replace medical care. It's also a good idea to wear a medical bracelet that would alert others to the possibility of allergic reaction and should be taken to an emergency room immediately.

Symptoms of a severe allergic reaction include fainting or lightheadedness, flushed or reddish skin. The victim also may have difficulty breathing, itchy palms or feet and hives. People who have heart trouble, asthma or other allergies or anyone who takes beta blocking drugs may have severe reactions to bee

stings. Proper first aid is usually all that is needed to relieve the pain, swelling and itching of insect bites and stings. If you have never had an allergic reaction to a bee sting, an ice pack, cold wash and oral antihistamine should relieve the swelling and pain of a bee sting. Elevating the part of the body affected by the sting also will help decrease swelling.

The bee is the only insect that leaves its stinger in the victim. The barbed stinger should be removed with tweezers. Be careful not to break the tiny venom sac that contains the poison. The treatment for bee stings also can be used for scorpion bites.

Maintaining your energy level is critical when your days are filled with intense activity. Aerospace scientists, in an effort to reduce pilot error and fatigue, have identified six factors which can drain people of the stamina they need to maintain high levels of performance. They are:

1. Getting out of sync with normal biological rhythms.
2. Improper nutrition.
3. Sleep loss.
4. Stress.
5. Poor musculoskeletal health—particularly tight back.
6. Poor physical fitness.

To combat these factors that drain your energy:

- \* Keep a routine for eating and sleeping.
- \* Don't let the stress of the day push you into improper nutrition. Avoid chronic use of caffeine-laden drinks to give you an energy boost. You may get nervous and irritable instead. Avoid high-sugar snacks. They create a short energy burst followed by a fall in blood sugar levels which may leave you feeling tired. Fruit, sparkling water and bread sticks are good snack alternatives.
- \* Avoid rich, calorie-dense lunches. They can make you feel sluggish when you get back to work for the afternoon.
- \* Avoid alcoholic beverages at lunchtime.
- \* Don't skip meals.
- \* Get adequate rest and avoid alcohol and sugary snacks before bedtime—both can alter natural sleep cycles and impair the quality of sleep.
- \* Stay on top of stress by talking to someone who is important to you at least once a day. Suppressed feelings can affect eating and sleeping behaviors, which in turn can affect your daytime stamina.
- \* Be physically fit—Exercise four days a week to promote aerobic conditioning and muscular fitness.

## Pregnancy requires extra special attention

Although many women continue to enjoy their careers during pregnancy, a healthy pregnancy while working requires that the mother pay special attention to her health and her environment.

Seek early medical care, eat a balanced diet and exercise. Avoid alcohol and cigarettes as well as harmful drugs and chemicals.

Pregnancy puts extra demands on your body. It's important to find an obstetrician early in your pregnancy, and report any changes in your health to your doctor. Pre-existing medical conditions such as diabetes, high blood pressure, anemia or asthma should be kept under control as much as possible.

**Eat wisely.** All of an unborn baby's nutrients come from the mother. Studies show that women who have had a balanced diet before and during pregnancy are more likely to give birth to healthy babies. Eating wisely means eating plenty of fresh fruit, vegetables, whole-grain products, lean meat, fish, poultry and calcium from dairy products. Choose unprocessed foods and limit sweets, salt and fats.

**Keep fit by exercising.** Enjoy a fitness program to improve your chances for a comfortable and active pregnancy. Swimming and walking are great forms of exercise as are jogging, cycling and some sports. Exercise during pregnancy helps build a posi-

tive self-image and sense of well-being while maintaining muscle tone, and strength and endurance.

**Alcohol and pregnancy don't mix.** Heavy alcohol use may cause mental retardation. Drinking while pregnant can interfere with growth. It's best to abstain from the use of alcohol during pregnancy.

**Don't smoke.** Smoking has been linked with low birth weight and increased problems for the mother. And a smoke-filled environment is unhealthy for everyone.

**Be aware of health hazards in your work environment and at home.** Some jobs and hobbies

involve the use of strong chemicals that could be harmful to a developing fetus. Substances like photographic solvents, paint strippers, degreasers and ceramics should be avoided along with exposure to X-rays.

The special attention you give to your health and your environment will insure that you enjoy your pregnancy as well as your career. And this new life you bring into the world will have the healthiest possible beginning.

## Exercise can control non-insulin diabetes

For many people, exercise can go a long way in correcting one of the major symptoms of diabetes—high blood sugar. Aerobic exercise decreases blood sugar during the exercise period and during recovery. If you continue to exercise on a regular basis and follow a diet prescribed espe-

cially for you, a decrease in body fat will result and fasting high blood sugar will be lowered. It's quite possible that you will be able to keep your blood sugar

at a normal level.

Studies reviewed in Sports Medicine, 1986, "Diabetes Insulin and Exercise," show that exercise lowers the risk of metabolic disorder in noninsulin-dependent diabetics and may even prevent diabetes in people who are genetically at risk of developing the disease.

In studies at the Institute for Aerobics Research, we have found that moderate exercise is best for most diabetics. Frequency and duration of exercise seems to be more important than high intensity. Generally, we recommend walking, jogging, bicycling or swimming for at least 45 minutes each day. To make sure you aren't over doing it, take the "talk test"—even though your heart rate is elevated and you're breathing harder during exercise, you should be able to talk comfortably.

Specific recommendations and exercise guidelines will vary with each diabetic. Check with your doctor before starting an exercise program.



### Walk on!

Walking is taking great strides to become one of the most popular forms of exercise. Mile per mile walking burns as many calories as running. Walking burns stored body fat, lower blood cholesterol. The faster the pace, the better conditioning overall. Make walking a part of your routine...park your car farther away from your destination or use your lunch hour to walk. So how about it? Instead of reclining in a chair after dinner, try taking a walk. See how quickly it eases your tensions and boosts your energy level for a more pleasant evening. Walk-on!

## Practice water safety

As the weather gets warmer, young and old flock to beaches, pools and lakes to stay cool and to have fun. But these bodies of water can be extremely dangerous if safety precautions are ignored or neglected.

Children—from toddler to teen—are at greatest risk. All too often, children are allowed to play on docks and beaches without life vests. Children, even infants, are taken out on boats without life vests. And every summer, emergency rooms receive children who have been left unattended near swimming pools. Often the child survives, but is left with brain damage for life.

For children, water is very inviting and they don't realize the danger. It only takes a second for a child to slip into the water and drown. If you are a parent, guardian or baby sitter, make sure the children you are responsible for are never left unattended, even for one second, near a pool or waterfront. Teenagers also are a high risk

near bodies of water. It's natural for teens to want to show off and take risks. If drinking alcoholic beverages near a waterfront is involved, the danger is even greater. Warn your teens about the dangers of diving or swimming in unfamiliar water or while intoxicated. And set a good example on family outings to lakes or ocean beaches.

To keep you and your family safe during the summer months of fun in and around water:

- \* **Know and practice water safety.**
- \* **Teach your children to swim at an early age.**
- \* **Don't leave young children unattended near bodies of water even if they have had swimming lessons.**
- \* **Learn cardiopulmonary resuscitation (CPR).** Call your local Fire and Safety department to find out where and when CPR classes are given.

## Poisoning can be prevented Beware of back injuries!

Poisoning in the home can be prevented.

Lock up all medicines. Keep them in child-resistant containers. Do not rely solely on these containers; they are child-resistant, not childproof.

Do not take medicines in front of children.

Never call medicine candy. Write the purchase date on the container label of over-the-counter drugs, vitamins, and similar products.

Clean out old medicines regularly and flush them down the drain.

Avoid bringing necessary poisonous substances into your home.

Keep products in original containers.

Read and follow all directions for use and caution labels on all products. Do not follow anti-

dote instructions if a poisoning occurs. This information is often old and incorrect.

Store cleaning supplies out of sight and reach of children.

Rinse out containers thoroughly before disposing of them.

Use "Mr. Yuk" stickers on all poisonous products in your home.

Call the Oregon Poison Center if you have questions. Portland 1-800-452-7165 or Bend 383-4321.

### Foot problems?

### Be cautious of stress

Circulation problems and damage to nerve tissues caused by diabetes can make the diabetic prone to foot problems. To avoid foot sores and infections, try not to cut your nails too short, wear shoes that fit properly and get prompt treatment for corns or ingrown toe nails. See your physician about any cut that fails to heal within ten days.

If you have foot problems, nonweight-bearing exercising such as swimming or bicycling may be preferred over jogging, walking or aerobic dance.

Sports can be excellent conditioners for the back. Swimming, cycling and walking are highly recommended for building back strength and relieving minor back strain.

But those sports that involve lifting, twisting, jumping and back arching—such as golf, racquet sports, bowling, basketball and baseball—can be risky, especially if you have weak back muscles.

### Water exercise is "strainless" way to go

Water workouts ease exercise strain. Many people who prefer a softer exercise than, say, jogging or aerobic dancing, have found that swimming pool workouts are ideal.

Water workouts are less stressful to the joints and muscles. That's important if you're overweight, recovering from an injury, suffer arthritis or heart disease or tire easily.

Yet water exercise meets your more advanced fitness needs, too. The water's resistance makes many movements harder to do and, therefore, very effective at building strength and flexibility.

The water feels good, too, as it gently massages and refreshes you. You'll feel great afterward. Jump in...the water's fine.

To minimize your chances of injury, play regularly to stay fit, follow good form (as in golf and tennis), always warm up, and respect your physical limitations.

## Help build your teen's self-esteem

Building high self-esteem is important during teenage years. It can be a weapon against the major adolescent problems—drug and alcohol abuse and teenage pregnancy.

Teenagers who have high self-esteem will act independently, assume responsibility and be proud of accomplishments. You can expect them to approach new challenges with enthusiasm, exhibit a broad range of emotions and feelings, tolerate frustra-

tion well and feel capable of influencing others.

Teenagers with low self-esteem will demean their own talents and will feel that others don't value them. They will generally feel powerless. Teenagers with low self-esteem will be easily influenced by others, express a narrow range of emotions or feelings and avoid situations that provoke anxiety. They also may become defensive and easily frustrated. Most teens with low self-esteem blame others for their own weaknesses.

Here are some ways to help teens in your family develop high self-esteem:

- Listen to them and accept their feelings.
- When you make a decision affecting teenagers, explain your thinking. Let them take part in making decisions. Develop a trust that your teenagers can and will make good decisions, and let them know that you have that trust.
- Give your teens appropriate

guidelines for behavior. Set reasonable limits and learn to say no. Be decisive.

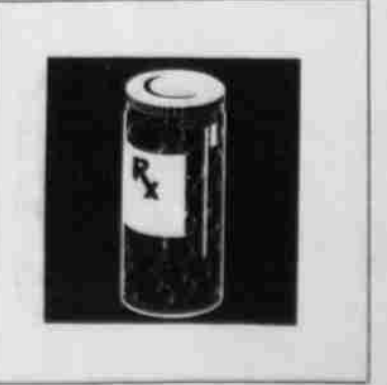
■ Set a good example. Don't say one thing and do another. What parents are and what they do speak louder than words.

■ Give positive strokes through words and touch.

■ Respect the uniqueness of your adolescents, and don't compare them with others.

■ Have reasonable expectations.

■ Be honest about your own feelings.



**Approximate Energy Expenditure by a Healthy Adult Weighing About 150 Pounds**

Activity	Calories per hour
Lying quietly	80-100
Sitting quietly	85-105
Standing quietly	100-120
Walking slowly, 2 1/2 mph	210-230
Walking quickly, 4 mph	315-345
Light work, such as ballroom dancing, cleaning house, office work, shopping	125-310
Moderate work, such as cycling, 9 mph; jogging, 6 mph; tennis, scrubbing floors, weeding garden	315-480
Hard work, such as aerobic dancing, basketball, chopping wood, cross-country skiing, running, 7 mph; shoveling snow; spading garden; swimming, "crawl"	480-625

For information on Food & Fitness contact your local Extension office.