



What is killing more Americans each year than AIDS?

AIDS: 17, 011 deaths vs MRSA: 18, 650 deaths (2005)

90,000 are sickened annually by MRSA (methicillin-resistant Staphylococcus aureus). The elderly are the highest at-risk population. These antibiotic-resistant bacteria can be carried by healthy people, living on their skin or in their noses. But they become deadly when they invade the body.

MRSA has been more common in hospitals, but is now spreading through prisons, gyms and locker rooms, and in poor urban neighborhoods. Officials recently shut down 21 schools for cleaning in Virginia after a 17-year-old died from MRSA. The infection can be spread by *skin-to-skin* contact or *sharing an item* used by an infected person, especially one with an open wound.



- Prevention:** (1) Curb overuse of antibiotics
(2) Improve hand-washing/hygiene

What can YOU do? Open wounds & exposure to contaminated medical equipment are major ways the bacteria spreads. Be hyper-vigilant.

- ***** If you don't *see* hospital staff members wash their hands before touching you, politely ask them to, and mention concern about MRSA. They will understand.
- ***** Ask your nurse or doctor to clean the business end of his or her stethoscope before using it on you, since those instruments are not routinely cleaned between patients.
- ***** Carry alcohol-based hand cleanser and use it each time you leave a hospital/clinic
- ***** Do not share any item that may have had contact with a wound (towel, razor)
- ***** Don't insist on antibiotics for an illness your provider says may be viral
- ***** Teach your children to report any break in the skin barrier to an adult
- ***** Treat even minor abrasions or cuts as if they are potentially life threatening

FLU SHOTS..... DO BENEFIT SENIORS

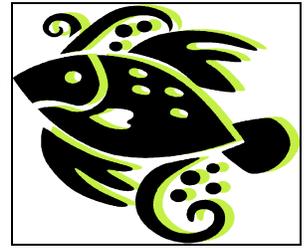
A major study that covered a decade's worth of data and included thousands of people from 3 geographic regions of the US rebuts the notion that flu shots are of no benefit to those 65 and older. A team lead by a VA physician reported that flu vaccination decreased hospitalization for pneumonia by 27%and cut the overall death rate in half.

“The most eye-catching part of the research is the discovery that flu vaccination helps reduce wintertime deaths for *any reason*, not just mortality related to influenza.” Scientists theorize that the flu serves as an additional health burden in people already encumbered by chronic conditions, which could lead to a higher death rate among the unvaccinated.

Bible Wordsearch Answer: Father, my God, the Rock my Savior. (niv)
Which Psalm?

OMEGA MEDICINE: Is fish oil good for what ails you, or not?

- ♥ Omega-3 fats in fish can reduce your risk of heart attack, but studies are not yet conclusive about effects on cancer, memory loss, muscular degeneration.
- ♥ Eat fatty fish like salmon 2 x week. Try canned salmon instead of tuna. That will supply 500-1000 mg a day of DHA plus EPA (omega fats).
- ♥ AHA advises those with heart disease to take 1000 mg/day of DHA+EPA from fish oil. If you experience burping, try taking them at bedtime.
- ♥ Shellfish like shrimp are not a significant source of omega-3 fatty acids.



E: Romans 12: 7-8
F: Luke 23:34
G: Colossians 3:16

Healthy Spirit Alphabet

Sponge-Cleaning Shootout

Kitchen sponges can harbor foodborne pathogens, yeasts & molds. How best to clean a sponge? Microwaving & running a sponge through the dishwasher proved clear winners in a recent study. These methods proved superior to soaking in 10% bleach solution or lemon juice. Microwaving sponges killed a whopping 99.99999% of bacteria, while dishwashing killed 99.998%.

Who said "Cleanliness is second only to Godliness"?

Psalms 24: 3-4 "Who may ascend the hill of the Lord? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false."

What is a blog?

Noun: Short for **web log**. The origins of blogging go back further than the internet to the days of diaries, chronicles & other written forms of personal musings. A **blog** is a web page that serves as publicity accessible personal journal for a person. Usually updated daily; blogs reflect the personality of the author-creator. Blogs need to be screened in much the same way you would if you found someone's personal journal.



Eating homemade cookie dough raw may result in salmonella poisoning, which can cause fever, diarrhea, and cramps in healthy people and may be life threatening in less than healthy people. The cookie dough that is in ice cream and most slice-and-bake cookie varieties are usually made with pasteurized eggs, which are briefly exposed to germ-killing temperatures. Check that the label indicates pasteurized eggs before eating them.

Fall Safety Reminders If you regularly use a wood-burning fireplace or stove, have your chimney professionally cleaned to avoid soot buildup, which can expose you to dangerous fumes & increase fire risk.

Prayer: Heavenly Father, thank you for the lessons offered by autumn. May we take courage from the beauty of change reflected in nature, and consider change within. Nature is taking time to rest, reflect, and regenerate. May we do the same. Amen