



# Health & Safety



## Brood X comes for a visit this summer

They show up uninvited every 17 years to make a lot of noise, but they don't bite and they mainly shut up at night. And that will be a relief.

Brood X (10), one of 15 different broods of 17-year cicadas will emerge as a group between April and May. Trillions of them will spread across 15 states. Birds, cats, dogs, fish and rodents will stop what they are doing and eat cicadas.

The lovelorn males will make a lot of noise during the day with their buzzing mating calls. The females lay fertilized eggs in a tree branch by cutting a slit with their sharp wings. Their young hatch in the tree limb in six to 10 weeks, drop to the ground, and tunnel in to the tree roots.

In cities, cicadas probably won't be too much of a problem. They won't cause plant damage, but if you have a lot of young plants, a net might protect the plants from sharp wings.

## What to do if you get hand sanitizer in the eye

Hand sanitizer may stop germs, but if it gets in the eyes, as it often does with young children, it is not only painful, it requires immediate action.

It is probably not unsurprising that the journal of JAMA Ophthalmology published data from the French Poison Control Center that found a seven-fold increase in reports of children getting hand sanitizer in their eyes. In 2019, it accounted for 1.3 percent of all chemical eye exposure incidents. However, at the end of 2020, the number was 9.9 percent, according to Live Science.

It's not just children.

It isn't difficult to get sanitizer in the eye. Even a few minutes after sanitizing, if you move your hand to the eyes, you will feel a chemical reaction.

Hand sanitizer contains a form of ethanol, which can kill cells in the cornea. Two children in France required transplants of their cornea in order to heal.

For children, it may be best to emphasize hand washing and keep them away from displays of hand sanitizers or public-use sanitizers.

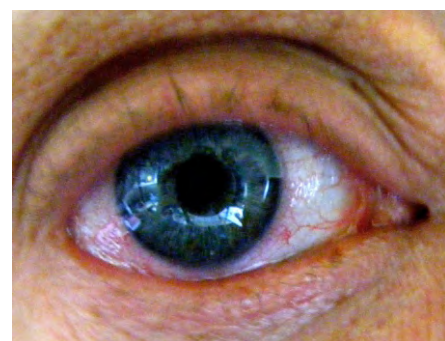
Anyone who gets sanitizer in the eye will experience burning, stinging, redness, eye pain, blurred vision, light sensitivity, and vision loss.

Resist the urge to rub the eye.

At workplace, people should immediately go to an eye wash station and rinse eyes with warm water for at least 10 minutes.

At home, place your entire head in a sink under a gentle stream of warm water for 10 minutes so that water continuously runs into the eye and drains out. Keep your unaffected eye closed so it won't be contaminated by runoff.

If burning and stinging continues, or if vision changes, they should contact an eye doctor immediately.





### Fasting popular as health, weight loss strategy

What is your eating pattern: breakfast, lunch, snack, dinner, snack? Three squares a day plus a couple pick-me-ups?

The idea of fasting has gained support as a way of reducing calorie intake.

Here are three of the most popular methods:

\* 16/8 - Skip breakfast and then restrict eating to eight hours only, fasting for 16 hours in between. It's flexible. You eat modestly during an eight-hour period, but what you eat is not entirely relevant.



\* Eat-Stop-Eat: Fast 24 hours twice a week. Think of it as not eating breakfast one day and then waiting until breakfast the next day.

\* 5:2: Eat a very low calorie diet (from 500 to 600 calories) two days a week, but not two days in a row. Then eat normally the other five days.

The idea is that you eat fewer calories. It's important that you not load up on calories during eating periods. So, one way is to guide your eating is to know your total daily energy expenditure, or

## AKA Sparrow Grass

### Across

1. Order between "ready" and "fire"
4. Milky gems
9. Can. neighbor
10. 1990 Madonna hit
11. Tide type
12. Wear away
13. Leaning
15. Alternatively
16. Spooky
18. Exists
20. Spheres
23. TV, radio, etc.
25. \_\_\_ few rounds
26. Used a crowbar
27. Calendar abbr.
28. Flippant
29. \_\_\_ publica

### Down

1. Surrounding glow
2. Wife of Osiris
3. Syrup flavor
4. Prepared food designation
5. "Merchant of Venice" heroine
6. In the past
7. Form of pachisi
8. Soothsayer

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

14. Homes for hawks
17. "Pomp and Circumstance" composer
18. Little devils
19. Antitoxins
21. Pained expression
22. Droops

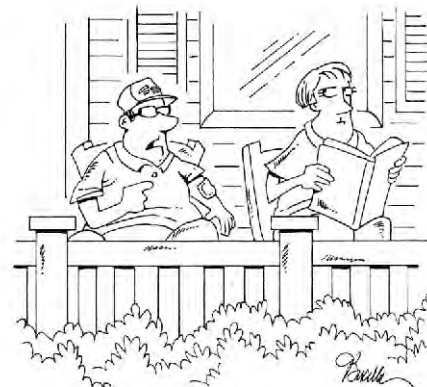
[Click Here To Peek at Answers](#)

*The headline is a clue to the answer in the diagonal.*

### TDEE.

Several online calculators will give you an idea of how many calories you can eat to just maintain your weight and how many you need to lose weight.

For example, take a 45-year-old male who is five feet, eight inches tall and weights 260 pounds. His ideal weight is about 153 pounds. Suppose he gets light exercise two days per week. If he never changes eating or exercise, he can eat 2,803 calories per day and not gain weight. If he wants to lose weight, he will have to eat less calories, about 1,962, to lose weight quickly using a 16/8 method. Search for online fasting calculators and TDEE calculators to assess your calorie needs and goals.



"This anti-grump patch is working. I've only yelled 'Get Off My Lawn' three times today."

## Keeping comfy with a mask in hot spaces

Admittedly, “comfy” is probably pushing it. But we can make life more bearable for those who need to wear face masks in hot spaces, whether kitchen workers or people laboring in hot weather.

First, to clarify: Face coverings alone do not cause people to overheat. The Washington State Department of Labor and Guidelines says that studies have shown that filtering facepieces like the N95 respirator do not cause additional physiological stress to most wearers -- and cloth face coverings and procedural masks are even less restrictive.

Still, our faces do sweat sometimes. What’s a person to do?

OSHA suggestions include alternatives like face shields, when appropriate; allowing workers to take breaks inside of air conditioned cars (solo); enhancing ventilation; and allowing workers to wear cooling items like icepack vests or loose clothing if they don’t present a safety hazard.



## Some heart devices may fail near iPhone 12

The new iPhone 12 has many good features, but one could be dangerous for people with pacemakers or defibrillators.

Apple recently updated its support documents to say that its magnetic charging system can cause electromagnetic interference, according to Komando.com.

Its magnetic charging system is called MagSafe and it uses a ring of magnets on the phone's back to snap onto a wireless charger. The magnets keep the charger in the right position.

However, the magnets can interfere with medical devices if they come into close contact.

Heart Rhythm Journal reported that doctors in Michigan held an iPhone 12 near an implanted cardioverter defibrillator. The defibrillator entered a suspended state, a sign of interference that could mean the medical device was no longer pumping blood through the body.

Both doctors and Apple advise keeping the iPhone and Mag-Safe accessories at least six inches, preferably 12 inches away from your device.

## Ancient abbreviations sound somewhat mysterious today

Mrs. - Stands for Mistress, the opposite of Master, which is what a married woman would be called, especially in the Middle Ages. In some American language traditions, the R is pronounced: Mizrez.

lb. - Pound. Comes from ancient Roman era in Britain: Libra

## Now you can find out how much your hospital charges. Shop around.

For most major purchases that we make, we pay close attention to price and services. But, when was the last time you asked the price of a surgery?

Insured patients go in for procedures and services without any real concept of costs, and hospitals have not been required to disclose pricing in advance.

A new Centers for Medicare and Medicaid Services (CMS) rule for hospital pricing took effect on Jan. 1 that could affect the insurance plans and the hospitals you choose. The Trump administration rule requires hospitals to disclose pricing for a range of services and update the price list annually in a bid to normalize health care pricing, according to Health Affairs. This rule clarified a segment of President Obama’s Affordable Care Act that required hospitals to publish certain price information, but the ACA-compliant disclosures were seen as inadequate for health care consumers.



According to National Public Radio, the final rule requires facilities to post pricing -- including reimbursement rates negotiated with insurance companies -- for every service, drug and supply they provide. Under a separate rule, health insurers must take similar steps in 2022. Advocates for the new rules hope that the changes will allow consumers to see the huge price variations between health care providers and more accurately estimate their out-of-pocket costs before receiving services.

How much do prices really vary? According to Crain’s Chicago Business, insurers pay an average of 32 percent more for hip replacement surgery at Northwestern Memorial Hospital in Streeterville, Ill. than they pay for the same procedure at Amita Health St. Joseph Hospital, just three miles away in Lakeview. Prices differ between facilities and insurers. At Northwestern, Health Alliance insurance plans pay \$53,236 for a hip replacement while Blue Cross & Blue Shield plans pays only \$30,382.

Suppose you have a 10 percent copay -- you will owe \$5,323.50 at Northwestern if you have a Health Alliance plan. But if you go to another hospital where the cost is \$30,000 to your insurer, your 10 percent copay would only be \$3,000. It may pay to shop around.

Pondo: A pound by weight.

oz. - Ounce. Originated with the Roman Latin word uncia. In Italian the word became onza and shortened to Oz.

stat - Immediately. Heard on medical TV shows. It comes from the Latin word statium.



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# March 2021

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7	8	9	10	11 	12	13
14	15	16	17 	18	19	20 SPRING BEGINS!
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