

## Head Lice: What Every Parent Needs to Know

Fall is upon us, and most students are back in school. Going back to school means more contact with other children and more exposure to head lice. Head lice are spread most commonly by direct head-to-head contact. The risk of being infested by a louse that has fallen onto a carpet or furniture is very small. Head lice survive less than 1-2 days if they fall off a person and cannot feed, and nits cannot hatch and usually die within a week if not kept at the same temperature as that found close to the scalp.

The CDC recommends taking the following steps to help prevent and control the spread of head lice:

- Avoid head-to-head contact during play and other activities at home, school, or elsewhere.
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Do not share combs, brushes, or towels. Disinfect combs and brushes used by an infested person by soaking them in hot water (at least 130° F) for 5-10 minutes.
- Do not lie on beds, couches, pillows, carpets, or stuffed animals that have been recently in contact with an infested person.
- Machine wash and dry clothing, bed linens, and other items than an infested person wore or used during the 2 days before treatment using the hot water (at least 130° F) cycle on the washing machine and the highest heat setting on the dryer. Clothing or items that cannot be washed should be dry-cleaned or sealed in a plastic bag and stored for at least 2 weeks.
- Vacuum the floor and furniture where the infested person sat or lay. However spending lots of time and money on housecleaning activities is not necessary to avoid re-infestation.
- Do not use fumigant sprays or fogs; they are not necessary to control head lice and can be toxic if inhaled or absorbed through the skin.

If you or your child does contract head lice, prompt treatment is important. Ask your Hawthorne pharmacist about Lice Away. It is a specially formulated all natural head lice treatment made in our pharmacy and is available without a prescription.

Reference: .....

CDC Head Lice Prevention and Control <http://www.cdc.gov/parasites/lice/head/prevent.html> Accessed 07/27/2011

## National Cholesterol Education Month

Cholesterol is important because your blood cholesterol level has a lot to do with your chances of getting heart disease. Heart disease is the number one killer of women and men in the United States. Each year more than a million Americans have heart attacks, and about a half million people die from heart disease. For an educational packet go to: [hp2010.nhlbihin.net/cholmonth/](http://hp2010.nhlbihin.net/cholmonth/).

## Ask The Pharmacist

Do you have a question you would like to ask one of our knowledgeable pharmacists? Send it to our website at [www.hawthornesc.com](http://www.hawthornesc.com), and it may be featured in next month's newsletter!

## Let's Talk

Let's Talk about bladder leakage also known as incontinence. It is not uncommon and can affect the young and old, male and female. With proper education and treatment, incontinence should not interfere with enjoying an active and full life-style.

- Bladder leakage affects up to 25 million Americans each year.
- 15% of men over 65 experience bladder leakage
- Over 80% of those who are incontinent are women. In fact it affects at least one in 10 women age 65 and older. There are, however, many treatment options available. Southern Urogynecology Center for Incontinence and Female Pelvic Medicine is the first and only center exclusively dedicated to urogynecological services in the Greater Columbia Metropolitan Area. Founded by Dr. Andrea Pezzella, this premier center utilizes this subspecialty of obstetrics and gynecology to provide treatment options to help women regain their confidence. Check out their website at [www.southurogyn.com](http://www.southurogyn.com).

At Hawthorne Medical Equipment, we can help you make good decisions as to what products you need from bladder control pads, to guards for men, to briefs, to protective underwear. Talk to your doctor about other options, and then if they suggest incontinence products, come see us!

For a DVD with helpful information for those dealing with incontinence themselves or those who are assisting loved ones with incontinence in a home care setting, go online to: [www.Prevail.com/homecarevideo](http://www.Prevail.com/homecarevideo) or call us and we'll send the DVD to you! The video covers:

- Managing incontinence in the home and everyday
- Causes and risk factors associated with incontinence
- Types of incontinence
- Discussing incontinence with a physician
- Choosing and using the correct absorbent product

We also have brochures available and can give you product samples in some cases.

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