

LPE
Leslie P. Enterprises Inc.
Newsletter – Summer 2006

You can fight West Nile virus by following some or all of these helpful hints:

It's that time of the year..... for us to repel those pesky biting insects including mosquitoes! West Nile is nothing to take lightly! So here are some things you can do to prepare yourself and your family when playing out doors or in the woods.

1. Use Bounce Fabric Softener Sheets. Just wipe on & go. GREAT FOR BABIES TOO !
2. " Bob " , a fisherman, takes one vitamin B-1 tablet a day April through October. He said it works. He was right. Hasn't had a mosquito bite in 33 years. Try it. Everyone he has talked into trying it works on them. Vitamin B-1 (Thiamine Hydrochloride 100 mg.)
3. Stop eating bananas for the summer and the mosquitoes will be much less interested. If you eat bananas, the mosquitoes are attracted to the smell your body throws out. It's something about the banana oil as your body processes it.
4. If you are going to be out into the woods every day, the best insect repellent to use is Vick's Vaporub.
5. Plant marigolds around the yard, the flowers give off a smell that bugs do not like, so plant some in that garden also to help ward off bugs without using insecticides.
6. "Tough guy" Marines who spend a great deal of time "camping out" say that the very best mosquito repellent you can use is 1 part Avon Skin-So-Soft Bath Oil to 1 part alcohol.
Example: 1/2c. SS bath oil & 1/2 c. alcohol.
7. One of the best natural insect repellents that I've discovered is made from the clear real vanilla. This is the pure Vanilla that is sold in Mexico. It works great for Mosquitoes and ticks, don't know about other insects.

Fiction or fact

Fiction: Ultraviolet rays in tanning booths aren't harmful.

Fact: Ultraviolet rays damage DNA, no matter what the source.

Fiction: Skin cancer affects only the elderly.

Fact: Melanoma is one of the most deadly cancers in women 25 to 30.

Fiction: Melanoma is a death sentence.

Fact: If melanoma is treated before it spreads, patients have a 90 percent chance of survival.

Fiction: If you tan and don't burn, there's no damage to the skin.

Fact: Even careful tanning kills skin cells, affects DNA and damages connective tissue in the skin, which later leads to wrinkles. DNA damage accumulates over time.

Source: National Foundation for Cancer Research and National Aeronautics and Space Administration

Types of skin cancer

There are several types of skin cancers. Here are some of the most notable.

- **Basal:** Occurs in basal cells, which are a common cell type in the skin. Basal cell cancer is the least serious of the skin cancers but accounts for 90 percent of all cases. It may appear as a smooth, waxy or pearly bump or a flat, red or scaly area. It is aggressive and disfiguring but remains localized.
- **Squamous:** Occurs in squamous cells, which are another type of skin cell. This cancer appears as a firm, red nodule or rough, scaly flat lesion that may itch, bleed or become crusty. This cancer is more serious because it can spread.
- **Melanoma:** This occurs in melanocyte cells, which produce the skin pigment melanin. Melanin normally protects against UV damage. This is the deadliest form of skin cancer and accounts for 75 percent of all skin cancer deaths. It is the No. 1 cause of cancer deaths in women 25 to 30.
- **Actinic keratosis:** Precancerous lesion. Small scaly spots often on the face and back of the hands.

Treatment:

- Surgery is required to remove cancerous tissues. Radiation and chemotherapy may be needed, as well. Survival rates range from 20 to 90 percent, depending on the type and extent of the cancer.

Sources: National Institutes of Health; Dan Welch, professor of pathology at University of Alabama in Birmingham; National Foundation for Cancer Research, National Library of Medicine and National Institutes of Health.

SOS Save Our Skin

- **Minimize exposure:** Don't spend too much time in the sun between 10 a.m. and 3 p.m., when rays are strongest. Wear a hat, tightly woven clothing and maximum-protection sunscreens.
- **Cloudy days:** Even on cloudy days, use a sunscreen with a Sun Protection Factor or SPF of 15 or greater.
- **Cumulative damage:** Driving in a car, walking down the street or eating lunch outdoors adds to lifetime exposure to ultraviolet rays.
- **Water effects:** Ultraviolet radiation travels several feet in water.
- **At risk:** A light-skinned person can burn in less than 15 minutes. A dark-skinned individual may not burn for hours.

Treating sunburn

- **Pain:** It's worse six to 48 hours after exposure. Take a cool shower or bath or place cold, wet washcloths on the burn. Take ibuprofen for pain. If there are no blisters, apply SHBC cream.
- **Blistering:** Apply dry bandages to prevent infection. Remember blistering doubles the likelihood of developing malignant melanoma.
- **Call your doctor:** Seek medical attention if a fever accompanies the sunburn, if there are fluid-filled blisters or if you experience dizziness or vision problems.
- **Peeling:** Skin peels in three to eight days. To help prevent skin peeling, use SHBC.

(revised from: http://www.lsj.com/lifestyles/health/030529_sunscreen.html)

- If you have a fresh surgical scar, apply SHBC and keep the area well covered. It can get pinker, then darker, if it's exposed to the sun. Our SHBC along with Dr. Weishar can help to alleviate your surgical scars.
- Don't rely on the SPF ratings you see on makeup or face lotions to protect your skin. If you're going to be outdoors for longer than a trip to the supermarket, use a sunblock or sunscreen along with SHBC.
- If you're going through radiation treatment, protect your skin from the drying effects of chlorinated pool water by using a barrier product like A&D ointment or SHBC

(revised from: http://www.breastcancer.org/summer_skin_care.html)

Shea Healing Butter Cream (SHBC)