



Paris
Community
Hospital
Family
Medical
Center

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Could it be 'super lice?'

staying
healthy

Susan Arp, FNP-C



Susan is a board certified Family Nurse Practitioner at the Paris Family Medical Center.

She has been affiliated with PCH/FMC since 1996.

She received her bachelor of science degree in nursing from Millikin University, and her master of science degree in nursing from the University of Washington. She received her post-graduate certification from the University of Illinois.

Susan is certified in advanced cardiac life support. She is a member of the Illinois Society of Advanced Practice Nurses, American College of Nurse Practitioners, and Illinois Nurses Association.

She has worked with the medical team of Refuge International for the past 10 years, with several trips to Guatemala. She hopes to continue this work in the future, and improve her Spanish speaking skills.

In her free time, Susan enjoys biking, running, kayaking, reading, and music. She and her husband Jeff have three children: Millie, 23; Stewart, 21; and Henry, 17.

Research suggests stronger treatments

Today's head lice are not what they used to be.

Like other living things, the irritating insects have evolved over the years, and most recently, have become immune to traditional over-the-counter medicines used to eliminate them, according to a recent study.

Scientists say the United States is witnessing a lice resurgence, with a new strain of the bug referred to as "super lice."

1 According to a study published in the Oxford University Press *Journal of Medical Entomology*, 100 percent of lice tested in 42 out of 48 states were resistant to over-the-counter treatments. In six other states some, but not all, of lice tested were resistant to over-the-counter treatments. In Illinois, the lice tested were in the Chicago area.

According to Kyong Yoon, PhD, a researcher from Southern Illinois University who worked on the study, lice have mutated, which has limited the effectiveness of over-the-counter treatments. Dr. Yoon suggests the

only way to effectively treat the lice may be with chemicals typically available through a prescription. These stronger chemicals include benzyl alcohol, ivermectin, and malathion lotions. However, Dr. Yoon warns that any treatment should be considered carefully, since lice can develop resistance to chemicals that are used repeatedly.

2 Lice are parasitic insects that live in human hair on scalps, eyebrows and eyelashes, and feed off of blood. They cannot jump, only crawl, and spread mainly through head-to-head contact with an infested person. They can also be spread through sharing items, such as combs, brushes, scarves, and hats. The most common symptom of head lice is itchiness. The good news is that lice are not dangerous and do not spread disease.

3 According to the Centers for Disease Control and Prevention (CDC), head lice is most common among pre-school children attending child care, elementary school children, and the household members of infested children. The CDC estimates that 6 million to 12 million lice infesta-

tions occur each year in the United States among children 3 to 11 years old. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

4 The CDC recommends using over-the-counter treatments, followed by prescription-strength remedies if necessary. Experts recommend against using home remedies to ward off lice, such as olive oil, mayonnaise, and Vaseline because it can cause more damage to hair and the scalp.

The CDC states that people do not need to spend a lot of time or money on housecleaning activities. To avoid lice re-infestation, wash clothes and bed linens in hot water followed by a high-heat drying cycle. Additionally, soak combs and brushes in hot water (130 degrees) for 5 to 10 minutes, and vacuum floors and furniture. Lice can only survive a day or two after falling off a person, since they no longer have a food source.

If a lice problem continues after over-the-counter treatments, contact your healthcare provider.



Stay safe playing Pokemon GO

As Pokemon GO fanatics pound the pavement in search of virtual creatures in the real world, more attention is being given to ensure player safety.

Law enforcement officials, gaming advocates, and others are publishing safety tips and etiquette advice to help keep gamers out of trouble in their quests "to catch 'em all."

Protecting gamers has become increasingly important given reports of accidents and crimes that have apparently occurred from the game. For example, in Missouri, police said armed robbers used the game to lure victims to an isolated trap. In Baltimore, a Pokemon Go enthusiast report-

edly slammed into a police car while playing the game on his phone. As a sign of respect to the deceased, places like the United States Holocaust Memorial Museum and Arlington National Cemetery do not want visitors playing the game in their locations.

Pokemon Go is a free, location-based reality game for smart phones. It initially was released in selected countries in July 2016 and reportedly has been downloaded by more than 100 million people worldwide. The game leads players on a real-word scavenger hunt in which they can view Pokemon characters in virtual reality through their phone's cameras.

Pokemon Go was credited with popularizing location-based reality gaming and promoting physical activity. Some players praise the game for the ability to meet new friends during their quests.

When it comes to safety, Safe-Wise, a popular authority on home safety and security news, offers the following tips when playing Pokemon Go:

- Scope out a Poke Stop or Gym before you go. Doing a simple Google search could help you avoid ending up in an unsafe area.
- Parents should accompany children to Poke Stops and Gyms the first time they go to make sure it is a safe environment.
- Players should remain aware of their surroundings. The game has been known to have glitches that accidentally place Pokemon in the middle of streets and other dangerous locations.
- Be respectful of private property. If you see a Pokemon in someone's yard or private area, do not seek it out without permission.
- Be extremely careful if going out at night. Avoid going to your favorite Poke Stop or Gym after dark, even if it is safe during the day.
- Parents should download the Pokemon GO mobile app, which will help them better understand the safety risks their children might encounter.



Paris Community Hospital Family Medical Center

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staying
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PCH/FMC's Community Healthcare Programs September & October

Stay Strong, Live Long

Ongoing

This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed PCH Rehab staff.

PCH/FMC Movie Night

September 10

Join us for this free community appreciation event sponsored at dusk at Twin Lakes Park. Free popcorn and drinks will be available. The name of the movie will follow.

Medical Weight Loss Seminar

September 20; October 18

A free informational session regarding PCH/FMC's Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Free Adult CPR/AED Class

September 15

This non-healthcare provider course is for the community only and teaches basic CPR and the use of an automated external defibrillator (AED). The free class is made possible by the Rural Access to Emergency Devices Grant. The class is 8:30 am to 12:30 pm in Conference Room D. An optional, basic first aid course will take place immediately following the CPR/AED class for a \$25 fee. To register, email Rachel

Kelley at RKelley@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will automatically be registered.

Volunteers' Book Sale

September 19

The PCH Volunteers will hold their annual book fair from 7 am to 4 pm in Conference Room B.

Honeybee Festival

September 23-25

Watch for PCH/FMC in the Honeybee parade.

Bee Well Challenge

September 26-October 2

Join the Bee Well of Edgar County challenge on Facebook by checking in and posting what you have done to "be well" each day. Personal accomplishments may include going for a walk, eating a healthy meal, getting more sleep, and more. At the end of the week, participants who have posted all seven days will be entered into a prize drawing, which will include a Fitbit.

Safe Sitter Class

October 7

A Safe Sitter class for boys and girls ages 11-13 will take place from 8:30 am to 2 pm in Conference Room D. This nationally recognized class teaches adolescents basic lifesaving techniques so that babysitters are prepared to act in a crisis. Cost is \$35. Scholarships may be available based on financial need. Register by September 30. Call Leighsa Cornwell at 217-465-2606, Ext. 228.

Volunteers' Chocolate Sale

October 26-27

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.