



# Toilet Talk



## Hand Sanitizers: A closer look

Most hand sanitizers claim to kill 99.9% of germs on your hands. However, hand sanitizers with less than 60% ethyl or isopropyl alcohol are not effective. In fact, using a hand sanitizer with only 40% alcohol might not reduce bacteria on your hands at all. For example to kill the bacteria that causes MRSA, you must use a hand sanitizer with at least 62% alcohol.

- Use a hand sanitizer with between 62% and 95% ethyl alcohol.
- Rub it vigorously into your hands, in between your fingers and nails, until the gel has dried.
- Use enough gel to keep rubbing for 20 seconds without drying. If the alcohol evaporates in less than 15 seconds, you are not using enough.

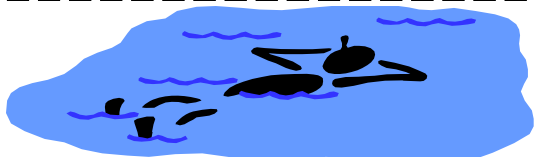
-Fox News



## Summer myth exposed!

“Wait a half hour after eating before you can safely go swimming.” The myth involves severe stomach cramping and drowning on a full stomach. While the digestive process does divert the circulation of blood towards the gut, and to a certain extent, away from the muscles, an episode of drowning caused by swimming on a full stomach has never been documented.

-MedicineNet



## Tan now, pay later?

June 8-14 is national sun safety week. The sun’s rays make us feel good, and in the short term, make us look good. However, exposure to the sun causes most of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So it’s never too late to start protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, long sleeved shirts and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds.

-WebMD

## Did You Know?

It takes the interaction of 72 muscles to produce human speech.

Between 25%-33% of people sneeze when exposed to light.

In 1972, a group of scientists reported you could cure the common cold by freezing your big toe.

Of the 206 bones in the average human adult's body, 106 are in the hands and feet. (54 in the hands and 52 in the feet).

The adult human heart weighs about 10 ounces.