



Toilet Talk



"If your body's not right, the rest of your day will go all wrong. Take care of yourself." -V.L. Allineare

Outdoor Cooking: Potential Dangers!

Most people love outdoor cooking in the summer. However, leaving your food out in the hot sun for just a short time can result in the rapid multiplication of harmful bacteria and the increased risk of foodborne illness. Here are some helpful tips to make sure you're grilling hot dogs, not billions of bacteria:

From the store to your home:

- When you are at the store, make sure you have selected all of your nonperishable food items first, then select refrigerated or frozen items last, right before your purchase.
- Put raw meat in a plastic bag so juices will not cross-contaminate your fruits and vegetables.
- Immediately refrigerate all perishable food items when you get home.
- Completely defrost the meat before you cook it, so that it cooks more evenly and does not leave raw or poorly cooked places.

Transporting food :

- Keep meats refrigerated until they are ready to be cooked.
- Pack perishable food from the refrigerator to the cooler just before leaving and keep on ice until ready for use.
- Keep the cooler out of direct sunlight, and avoid opening it too often.

Keep it clean!:

- Whether you are cooking in your kitchen, the backyard or the campground, make sure your cooking surface is thoroughly clean before you cook.
- Make sure you have plenty of clean plates and utensils, and never use plates or utensils for eating that were used with the raw meat.
- If at a campground, make sure that clean water is available for cooking; if not, make sure to bring plenty of your own water for both cooking and cleaning.

-Federal Citizen Information Center

Skin Cancer, are you at risk?

Summer is a great time to be outside and enjoy the nice weather. However, summer activities bring additional risks to your health.

Skin cancer is one of the most common forms of cancer. Over one million people are diagnosed with skin cancer each year. With early detection, skin cancer is usually treated easily. While being outside for extended periods of time puts you at risk for skin cancer, people who 1)have spent lots of time in the sun or have been sunburned, 2)have fair skin, hair and eyes, 3)have a family member who had skin cancer, and 4)are over the age of 50 are especially at risk for skin cancer. Make sure you apply and reapply adequate amounts of sunscreen when you are outdoors and consult your doctor if you have any sunspots or asymmetrical changes in moles or your skin.

-About.com



"E-cigarettes," are they safe?

Upon first glance they appear to look like a real cigarette, but they are not, they are an electronic cigarette. What is an electronic cigarette? It resembles a real cigarette but does not contain tar and other chemicals found in regular cigarettes, only liquid nicotine. The company, Smoking Everywhere, claims that the e-cigarette provides the oral fixation that smokers come to develop and continues to give smokers nicotine without all the other chemicals. The CEO claims that he is "pretty sure" that these cigarettes are safe, but the FDA has called for more testing before they are considered a safe alternative to smoking. The company has now given electronic cigarettes to big name actors and expect their sales to skyrocket in 2009. The FDA remains hazy on whether these e-cigarettes are actually "safe."

-CNN Health

It's the 4th of JULY! FIREWORKS! FIREWORKS! FIREWORKS!

The 4th of July is known for fireworks throughout the night and celebrating the independence of the United States of America. While it is terrific to be patriotic, keep in mind that fireworks are extremely dangerous. Even "kid" fireworks, such as sparklers which can heat up to 3,000 degrees Fahrenheit, are still dangerous. In fact, more than 10,000 people are injured so severely from fireworks that they have to go to the emergency room. If you are going to create your own firework display in your backyard, be cautious. Make sure you have purchased your fireworks from a trusted vendor, not just from someone selling fireworks out of their garage. Secondly, know what each firework does and stay back an appropriate distance. Keep in mind that some fireworks may shoot in an unexpected direction, so keep clear of houses, trees and cars.

- About.com