

Health, Mind & Body

DIY tips to beat mosquitoes

(BPT) - Despite the fact that sharks get plenty of media attention, mosquitoes are the real summer threat. They cause 725,000, per year worldwide, with sharks accounting for just 10 deaths annually, according to gatesnotes.com.

Mosquitoes spread West Nile and Chikungunya viruses. "Both have spurred concern just months after the World Health Organization (WHO) launched its 'small bite, big threat' campaign to communicate concerns about Malaria and other vector-borne diseases," says Boyd Huneycutt, a founder of Mosquito Squad. Huneycutt says the company surveyed hundreds of technicians that work in mosquito control on a daily basis about their most challenging yards and vexing mosquito problems. The data was used to develop a list of DIY mosquito-fighting tips, including:

Tip: A bottle cap filled with water holds enough water for mosquitoes to breed. Mosquitoes lay eggs in standing water, so elimi-

inating still water from your yard will decrease available breeding spots. Mosquito Squad technicians report that yards with bird baths, play sets with tire swings, tree houses, portable fireplaces and pits, and catch basins to recycle water should all be checked regularly and drained of water.

Toss: Grass clippings, leaves, firewood and piles of mulch are yard trash. By keeping a yard clean, homeowners can remove a major breeding area for both mosquitoes and ticks. More than 45 percent of Mosquito Squad customers said areas near foliage or woods bordering their property were the most troublesome spots in their yard, something that the technicians attribute to the accumulation of debris in the yard.

"Keeping a home in good repair is essential," Huneycutt says.

Homeowners with decks need to check under them to determine if water is pooling, if there is debris or if there are objects like water bottle caps, cans or toys that



are collecting water."

Turn: Walk the yard every few days and turn over items that could hold water and trash. Look for children's portable sandboxes, slides or plastic toys, under and around downspouts, and in plant saucers, empty pots, light fixtures and dog water bowls.

Remove tarps: Many homeowners have tarps or covers on items stored in their outdoor spaces. If not stretched taut, tarps can hold water. Problem items include tarps over firewood piles, portable fire places, recycling cans, boats, sports equipment and grills.

Take care: Home maintenance can be a deciding factor in property values and mosquito bites. Regularly clean gutters and make sure the downspout is attached

properly. Re-grade areas where water stands more than a few hours, and make sure that all fallen branches and hollow trees or logs are removed from the property. Check irrigation systems to ensure that they aren't leaking and causing a breeding haven for mosquitoes.

Team up: Despite taking all precautions in your own home, talking with neighbors is a key component to mosquito and tick control. Townhomes and homes with little space between lots mean that mosquitoes can breed at a neighbor's home and affect your property.

Treat: Use a mosquito elimination barrier treatment around the home and yard. Using a barrier treatment at home reduces the need for using DEET-containing bug spray on the body.

Follow these expert rules for resilient hair

(BPT) - Having hair that is resilient means it can bounce back from the constant challenges it undergoes on a daily basis. From morning workouts through evening soirees, the key to stepping out with your best hair is establishing a strong, healthy foundation, starting from the scalp.

To help women achieve the hair they have always wanted, Clear Scalp & Hair experts Dr. Francesca Fusco, a leading New York City dermatologist, and celebrity hairstylist Jen Atkin, share their go-to rules to live by for brilliant resilient hair.

Rule No. 1 - Fuel your body with power ingredients. Make a conscious effort to load up on power ingredients like cucumbers, celery, lemon, kale and aloe-vera to build resilience from the inside out. "Your diet plays an important part in keeping your hair in good condition. Eat foods high in omega-3 fatty acids like salmon to keep skin and scalp healthy," says Fusco.

Rule No. 2 - Keep hair hydrated. Everyone knows that over styling takes a toll on your strands, but what you may not realize is that the scalp can lose up to one ounce of essential moisture a day. From the use of hot tools to constant pulling or coloring, it is important to build resilience so hair can withstand the daily torture it is put it through. "For a little extra TLC, use Clear Scalp & Hair Intense Hydration Deep Hydrating Treatment Mask once a week to replenish scalp and hair with an extra dose of moisture," says Atkin.

Rule No. 3 - Remember that scalp is skin too. Over exposure to sun and harsh weather conditions, especially in the summer, can result in scalp and hair damage and dryness. "The scalp is where hair's natural strength and beauty comes from so it is important to take care of it. Treat scalp and hair with nourishing ingredients like vitamins C and E to establish a resilient foundation," says Fusco.

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What you should know about bariatric weight-loss surgery

(BPT) - According to the American Medical Association, approximately one in three Americans are obese, leaving at least one third of the country at risk for many health problems including type 2 diabetes, high-blood pressure, high cholesterol and sleep apnea.

A growing body of medical evidence shows that bariatric surgery can be an effective option for the treatment of obesity and related diseases such as type 2 diabetes, 2,3 yet, only a small percent of people who are eligible choose to have surgery. Most patients who could benefit are reluctant to have bariatric surgery because of lack of information and uncertainty about the procedure. People usually want to know three things- will it help someone like me? Will it help with other obesity-related diseases? Will it help keep weight off long term?

1. Will bariatric surgery help someone like me lose weight?

Weight loss is different for everyone - some diets or exercise programs work for some people, while the same program might not work for someone else. People may wonder the same about bariatric surgery. An online educational tool, called the Ethicon Bariatric Surgery Comparison Tool (www.realize.com/bsct), allows people con-

sidering bariatric surgery to compare the experiences of other patients similar to them who have already undergone the procedure. Users anonymously enter information such as their height, weight, ethnicity, age and gender, and then see results people similar to them have had with different types of bariatric surgeries (gastric band, gastric bypass, and sleeve gastrectomy). The personalized tool provides users with a side by side comparison of the bariatric surgery options and possible outcomes, including average results such as total weight lost up to two years, or medications that users stopped taking following the procedure.

Dr. Elliot Fegelman, a surgeon with nearly 20 years of practice and Medical Director for Ethicon, a company that makes devices used across surgical procedures including bariatric surgery, said, "It can be difficult for people to make an important decision like having bariatric surgery. But research shows that, the longer a patient waits, the less they will benefit from the surgery. The Bariatric Surgery Comparison Tool helps patients understand what results could look like for someone like them down the road, and gives them a starting point to bring up with their doctor, getting them one step closer to making this important decision. In fact, in an ini-

tial pilot test, patients who visited the Bariatric Surgery Comparison Tool were three times more likely to search for a local surgeon in their area."

2. Will weight-loss surgery help with other obesity-related diseases?

Bariatric surgery has been shown to improve many different obesity-related diseases and conditions such as type 2 diabetes and high-blood pressure. One example of this evidence includes the STAMPEDE (Surgical Therapy And Medications Potentially Eradicate Diabetes Efficiently) trial, sponsored by Ethicon and conducted by the Cleveland Clinic. The study showed that people with uncontrolled type 2 diabetes who had surgery lost weight and also decreased their dependency on diabetes medications almost immediately following bariatric surgery. The study also showed patients had a decreased need for or no longer required cardiovascular medications to control high blood pressure and high cholesterol.

3. Will the surgery help keep weight off long term?

People trying to maintain weight loss often experience disappointing results. Despite best efforts, diet and exercise programs may work at first but fail in the long

run.5 In March 2014, the Cleveland Clinic published long term results of the STAMPEDE trial, which showed that, for three years, people who underwent bariatric surgery alongside drug therapy were able to keep weight off and had better control of their diabetes compared to people who relied on a medically monitored diet and exercise regimen with drug therapy.4

Bariatric surgery is an approved procedure for treating obesity, and now is available as a minimally invasive procedure, meaning it carries a similar amount of risk as some of the most common surgeries, such as gall bladder surgery.6,7 There is increasing evidence that bariatric surgery is not only an effective option for addressing obesity, but that it may also help control type 2 diabetes and other obesity-related diseases.

If you are thinking about bariatric surgery, consider starting with the Bariatric Surgery Comparison Tool, and speaking with your physician. Having the information at hand can help kick start a conversation with your doctor about the best treatment option for you.

Bariatric surgery is used in severely obese adult patients for significant long term weight loss. Ask your doctor if bariatric surgery is right for you.



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