



Wellness Newsletter

Augusta Technical College

Fireworks Safety



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Many Americans are already making plans on how to spend the upcoming Independence Day weekend. But, no one plans to spend it in the emergency room of their local hospital. Yet, that's what 6,600 people did in 2004 due to accidents caused by fireworks during the Fourth of July holiday weekend, according to the latest data from the U.S. Consumer Product Safety Commission.

There were 9,600 firework-related injuries for the entire year, an increase of 300 injuries from 2003. Sadly, many of those injured were children. In fact, 40 percent of all fireworks injuries are to those aged 15 and younger. Most injuries are to the hands and fingers, but 1,400 were to the eyes, including contusions and lacerations, debris in the eye and burns. Eye injuries can take a very long time to heal, and can result in permanent vision loss.

Firecrackers and rockets are unpredictable. Some explode prematurely and rockets can take different flight paths than expected. Tragically, a 4-year-old girl died when someone lit an aerial shell device 150 feet away from her. She was struck in the face by a piece of shrapnel and passed away two days later. Even devices considered to be "safe and sane" fireworks are dangerous. In 2004, there were 300 children under the age of 5 that were hurt by sparklers. "No one would dream of handing a torch burning at 1,800 degrees to a child, but that essentially is what a sparkler is," added Garrett. "That's hot enough to melt gold!"

Prevent Blindness America, the nation's oldest eye health and safety organization, urges everyone to leave the fireworks to the professionals this year. Many communities offer spectacular dis-

plays to the public, free of charge. The group also offers a free brochure, "Safe Summer Celebrations" with creative ideas on how to celebrate the holiday without fireworks.

If someone's eye is injured in a fireworks accident, do the following:

If there are specks in the eye,

- DO NOT rub the eye.
- Lift the upper eyelid outward and down over the lower lid;
- Try to let tears wash out specks or particles;
- If the speck doesn't wash out, keep the eye closed, bandage tightly and see a doctor or go to the emergency room.

If the eye or eyelid is cut or punctured,

- bandage tightly and see a doctor or go to the emergency room.
- DO NOT wash out the eye with water.
- DO NOT try to remove an object stuck in the eye.

For more information check out:

<http://www.preventblindness.org>

National Health Observances

- *Fireworks Safety Month*
- *International Massage Week (July 16-22)*
- *National Therapeutic Recreation Week (July 9-15)*

Inside this issue:

- Fireworks Safety p.1*
- Healthy Recipe p.1*
- Massage Benefits p.2*

Guiltless Oven-Fried Chicken Fingers



- 1 cup low-fat mayonnaise
- Kosher salt
- 4 skinless, boneless chicken breasts

- 1 tablespoon curry paste, or more
- Freshly ground black pepper
- 2 cups bread crumbs

Heat the oven to 350 degrees F.

In a large bowl, combine the mayonnaise and curry paste, to taste. Thin this with a little water, 1 tablespoon at a time, until you get the consistency of heavy cream, and season with salt and pepper.

Cut the chicken breasts into thick strips. Drop the strips into the bowl and coat them well with the curry mayonnaise. Cover and refrigerate for at least 5 minutes or up to 1 hour.

Pour the bread crumbs onto a plate and toss the chicken strips well to completely cover them. Put them onto a nonstick baking sheet and into the oven. Cook for 15 to 20 minutes, or until the chicken is browned and cooked through. (Recipe by George Duran)

<http://www.foodtv.com>

The Benefits of Massage: Is It Right For Me?

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. Today, the benefits of massage are varied and far-reaching. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

Massage provides relief to people of all ages—from infants to seniors—and from all walks of life—the weekend or competitive athlete to the home gardener or over-stressed, overworked executive.

Treating the Body

Massage therapy addresses a variety of health conditions, the most prevalent being stress-related tension, which, experts believe, accounts for 80%-90% of disease. Massage has been proven beneficial in treating cancer-related fatigue, sleep disorders, high blood pressure, diabetes, low back pain, immunity suppression, spinal cord injury, autism, post-operative surgery, age-related disorders, infertility, eating disorders, smoking cessation, and depression, to name just a few. Here's why: Bodywork offers a drug-free, non-invasive and humanistic approach based on the body's natural ability to heal itself.

Massage has many physiological effects, such as:

- Increasing circulation, allowing the body to pump more oxygen and nutrients into the tissues and vital organs.
- Stimulating the lymph system, the body's natural defense, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.
- Relaxing and softening injured and overused muscles.
- Reducing spasms and cramping.
- Increasing joint flexibility.
- Reducing recovery time for strenuous workouts and eliminating subsequent pains of the athlete at any level.
- Releasing endorphins, the body's natural painkiller. For this reason, massage is being incorporated into treatment for chronic illness, injury and recovery from surgery to control and relieve pain.
- Reducing post-surgery adhesions and edema and reducing and realigning scar tissue after healing has occurred.
- Improving range of motion and decreasing discomfort for patients with low back pain.
- Relieving pain for migraine sufferers and decreasing

the need for medication.

- Providing exercise and stretching for atrophied muscles and reducing shortening of the muscles for those with restricted range of motion.
- Contributing to shorter labor and reduced tearing for expectant mothers, as well as lessening the need for medication, minimizing depression and anxiety, and shortening hospital stays.

It's important to note that there are some conditions where massage is not recommended. For example, massage is contraindicated in people with:

- Certain forms of cancer
- Phlebitis
- Some cardiac problems
- Some skin conditions
- Infectious diseases

Your practitioner should ask you about your specific health conditions and determine if mas-

sage, bodywork or somatic therapies are a good idea. In some cases, the practitioner may need your doctor's permission before providing services.

Treating the Spirit

Massage also provides another therapeutic component largely absent in today's world: tactile stimulation, or, more simply, touch. In 1986, the Touch Research Institute at the University of Miami published groundbreaking research on the effects of massage on premature babies. The preterm babies who received massage therapy showed 47% greater weight gain and six-day shorter hospital stays than the infants who were not receiving massage. But is this study evidence of what loving touch can do spiritually, or rather what massage can do on a physiological level? Regardless, babies are not the only benefactors.

Many adults have reported cathartic experiences on the massage table. As a therapist carefully unwinds a client's stressed and tired muscles, the therapist may very well be unwinding the taut, pent-up emotions that one doesn't always have time to process in the middle of the day. And the feeling of being touched in a safe, caring, compassionate manner can be a very powerful experience, reminding the client that she or he is not alone in the world.

As studies continue to reveal the link between kinesiology and physical and emotional health, the effects of massage will be further documented. However, one need only experience a good massage to know it's beneficial to body and soul.

To learn more about the benefits of massage go to:

<http://www.massagetherapy.com>

