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Strategies to beat infections/microorganisms

New system to clean hospital rooms!

Infections can run the range from mild to life-threatening and it stands to reason that some of the most serious contagions are found in hospitals. Many are reluctant to visit hospitals (or be treated in one!) due to this fact, but an infectious disease expert has developed a sterilizing system pumping a mixture of ozone & hydrogen peroxide into a room for an hour. It kills bacteria, viruses, molds... even bedbugs! Hotels – are you listening?

Reduce urinary tract infections

About half of women will have a urinary tract infection in their lives - and one in four will develop recurrent ones – so it makes sense to take steps to reduce the risk. Drink plenty of fluids to "flush" your system. When you feel the urge to go... go! And wipe front to back. Avoid douches, sprays, powders, bubbles baths, oils & perfumes which can irritate the urethra. Wear loose-fitting natural fabrics, eat probiotic yogurt and drink cranberry juice.

Is silver magic?

You may have seen silver creeping into products like bandages and dressings. The reason is that it seems to have "magical" antibacterial properties. It is now being tested in mice as an adjunct to known antibiotics and is proving to boost antibiotic effectiveness and to render resistant bacteria susceptible to antibiotics that previously didn't work. It is used as a special compound, in very low doses, but the exact mechanism of action is still unknown.

Don't reach for the antibacterial soap!

There seem to be less and less antibacterial soaps on the shelves and the reason may be three-fold. First, there is questionable evidence that they are more effective in reducing the spread of disease than plain soap and water. Second, there are concerns about their potential for leading to resistant bacteria. And, finally, there seems to be the potential for hormonal effects with absorption – especially with the ingredients triclosan and triclocarban.

It's amazing how such little organisms can add up to some pretty serious diseases, but so much about avoiding infectious illness is really common sense. If you have concerns, talk to your pharmacist about how to minimize your risks.