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September Newsletter

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New Laser In!!!!

We are proud to announce the arrival of our new laser. It is a Harmony XL and is capable of many different treatments. It is capable of hair removal, Photofacials, and skin tightening. Fall and Winter is the perfect time for lasering!

We also have a fractional laser and CO2 laser skin resurfacing for a more aggressive approach.

Our special for October and November is Photofacial treatments

for \$250.00/treatment. Photofacials not only increase collagen, but minimize brown spots and a ruddy complexion. A numbing cream is recommended. Please remember to refrain from any Retinol/acids for one week before your scheduled treatment.

Our patients report the hair removal as "very comfortable". This is the newest technology and is very quick as well. Legs and back hair can be removed in a fraction of the time.

Fractional lasering and CO2 requires more downtime, but the outcome is a little bit more dramatic because it is ablative. Any time one is willing to "injure" there will be a more noticeable outcome.

A microdermabrasion can be done the same day as your laser treatment. Botox and Juvederm can be done as well.

Call for your complimentary consultation so we can inform you of all your options!

**5800 Soundview Drive
A-101**

Gig Harbor, WA 98335

- Office Hours
- Tuesday-Friday 9a-4p
- Saturday 9a-12 noon
- Closed Sunday/Monday
- Phone:253-858-2408
- www.gigharborhealthclinic.com

Exercise Corner

Warm Up
100 Jump rope
10 sit ups
10 push ups
10 burpees
Run in place for 5 min.

Work Out—5 rounds
for time

100 jump rope

15 kettle bell swings
(you can use a 5-10 lb
weight)

15 box jumps (you can
jump up and down a
stair)

15 push ups

Head Trauma in Adults and Children

Head injury should be assessed quickly and without hesitation. Luckily, sports teams are aware of the serious implications and encourage families to have head trauma assessed immediately. Here is what you should know in the Emergency Room.

1. The priority of ER is to assess stabilization of airway, breathing, and circulation before attention to other injuries.
2. Consider a head CT es-

pecially if there was a lapse of consciousness.

3. A Glasgow Coma Scale less than 15 is serious and requires further investigation. Ask what the GCS is for your family member.
4. In a patient with a GCS less than 8 needs a critical care physician to provide appropriate airway management
5. A trained member of the ER staff should assess a head injury patient within

15 minutes of their arrival to the hospital. Part of the assessment is to determine the level of risk for the patient. CT scan is a priority for all high risk patients.

6. Low risk patients should be re-assessed within one hour.
7. Pain management to decrease intracranial pressure.

Influenza Vaccination- CDC Recommendations

Routine annual influenza vaccination is recommended for all persons aged 6 months or more who do not have contraindications for it. Ideally it is best to be vaccinated before influenza activity has occurred in the community. For 2014-

15, the vaccines will contain the same vaccine virus strains as those in the 2013-14.

Contraindications:

Children 2 through 17 years who are receiving aspirin or aspirin-containing products.

People who have had previous severe allergic reactions
Pregnant women
Immunosuppressed persons
Persons with an egg allergy



Flu shot works best before flu season begins

Powdered Pure Caffeine Dangerous and Potentially Deadly

The FDA is warning about powdered pure caffeine that is directly sold to consumers. At least one teenager has died from using this product. One teaspoon is equivalent to 25 cups of coffee. Caffeine is a stimulant. At high doses, it can cause erratic heartbeat,

seizures, and death. Vomiting and diarrhea, stupor and disorientation are also symptoms of caffeine toxicity.

Avoid this product. It is nearly impossible to accurately measure powdered pure caffeine. Using common kitchen utensils can be lethal.

The FDA wants to know about adverse events associated with powdered pure caffeine.

Call 240-402-2405
or email
CAERS@cfsan.fda.gov

Shift Work and Risk of Type 2 Diabetes

Shift work is associated with an increased risk of Type 2 diabetes. The meta-analysis showed the highest risk in men with rotating shift patterns. Shift work may interfere with the normal synchrony of the light-dark cycle, sleeping and eating patterns.

The risk was 37% higher in men and 42% higher in people with rotating shifts, where they worked different parts of the 24 hour cycle rather than fixed patterns.

The frequent change in sleep patterns in shift working results in impaired quality of sleep, which may cause insulin resistance.

Epidemiological studies show shift work is associated with weight gain and increased appetite, which are major risk factors for type 2 diabetes.

Given the prevalence of shift work worldwide and the heavy economic burden of type 2 diabetes, the results of

our study provide practical clues for the prevention of type 2 diabetes.



Suicide- Do not Overlook Strong Social Risk Factors

Social support and sense of belonging can be powerfully protective against suicide in men. Suicide, a major public health problem with devastating effects on family and friends is more common in men than women. Predicting risk has been difficult. A social integration index was computed from seven ques-

tions on marital status, size of social network, frequency of social contact, religious participation, and participation of social groups. Those with the best social support/integration had significantly lower risk for suicide; marital status, social network size, and religious participation were the strongest factors.

Previous suicide prediction studies may have been over controlled for mental illness, therefore diminishing the role of social factors.

Nasal Oxytocin for the Treatment of Autism

Oxytocin is a hormone that is gaining in popularity. Women enjoy using this hormone as it increases their sense of well being and increases social desire. In children with Autism, it has been noted by some parents that it helps these children increase their interaction socially in a posi-

tive manner. This Australian study did not include oxytocin plasma levels or genetic polymorphisms. These are relevant because recent data suggest that heritable oxytocin plasma level and oxytocin gene variants affect social functioning in both healthy and autistic children. Thus,

future studies of oxytocin nasal spray that includes plasma and genetic measures might help identify predictors of response.