

THE

CONNECTION

JULY 2007

WANT TO STOP USING TOBACCO?

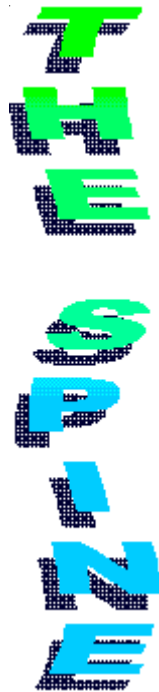
Consider nicotine replacement therapy. It may double your chances of QUITTING!

Nicotine Patch: There are different types and strengths. Most smokers use a full-strength patch (15 to 21 milligrams a day) for at least a month and then switch to a lower dose patch (5 - 14 milligrams a day) for several weeks.

Nicotine Gum: This product comes in two strengths. There are 2-milligram pieces for those smoking fewer than 25 cigarettes a day. Those who smoke more than 25 cigarettes a day may choose 4-milligram pieces. You usually chew 10 to 15 pieces a day for 12 weeks, starting with a fixed schedule and then using as needed.

Nicotine Lozenge: This product is available in two strengths. The recommended program is 12 weeks, starting with 12 to 24 lozenges a day and tapering to none.

Prescription options for nicotine replacement include an inhaler and nasal spray. Some people find that the inhaler gives them something to do with their hands while providing low levels of nicotine to aid withdrawal. The nasal spray delivers nicotine more quickly than do other products. It relieves cravings and withdrawal symptoms more quickly. Involve your doctor in your attempt to stop smoking. Use of a non-nicotine medication such as Zyban may be suggested as an alternative to nicotine replacement or in combination with it. Combining medications with support and counseling works better than going it alone.



The average person knows more about home plumbing than his or her own body. Many of us take better care of the plumbing under a sink than we do our own backs.

The spine affects and is affected by every movement we make. No back problem can be isolated from how the rest of our body functions. Because of this interdependence, only by understanding the whole body and how movements affect the spine can we approach back problems.

Walking on two legs places an enormous strain on our spines. Your spine is divided into five sections: the cervical (neck), the thoracic (moving down from the shoulder to the end of the rib cage), the lumbar (from the ribs to the hips), the sacrum (located in the pelvis), and the coccyx (or tailbone). Back problems usually occur where the lumbar spine connects to the sacrum.

The cervical and the lumbar vertebrae are capable of an enormous range of movement. The neck, the most flexible part of the spine, balances and supports the head, which weighs twelve to fifteen pounds. Keep in mind that your spinal column supports the head and allows the entire torso to bend and twist. The spinal column also protects the spinal cord, which houses a bundle of nerves that connect our brain to our body. The interdependent relationship between the spinal column and the spinal cord is a wondrous, complex marvel that few of us ever think about.

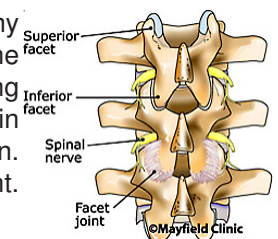
Spinal Curves

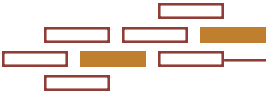
Natural curves are important in the spine. Without these curves the spine would not have the strength and resilience to act as a shock absorber during movement. The back's curves are designed to absorb shock and to help with the full range of motions throughout the spinal column. Jogging or jumping rope would be impossible without these curves.

Vertebrae are the building blocks of your spine. The twenty-four separate vertebrae are spool shaped and about an inch in height. They protect ten billion nerve cells in the spinal cord. Stacked between each vertebra is a shock absorbing disk. If we put too much pressure on a disk, it can rupture or herniate, and may be extremely painful.

Standing erect puts nearly a hundred pounds of pressure on the lumbar spine.

The gliding joints between the vertebrae are called facet joints. The little facet joints direct and limit the angle at which your spine moves. If you run your fingers down toward the low back, you can feel the bony protuberances through the skin. The bony protuberances of the joints are covered with smooth cartilage. Part of the lining nourishes and lubricates the joint. Irritation and inflammation in this area result in back pain. Irritation of the facet joints is common. The facet joints are not designed to carry excessive body weight.





"ICE" In Case of Emergency

A campaign encouraging people to enter an emergency contact number in their mobile phone's memory under the heading ICE (In case of emergency), has rapidly spread throughout the world as a particular consequence of the terrorist attacks in London. Originally established as a nation-wide campaign in the UK, ICE allows paramedics or police to be able to contact a designated relative/next of kin in an emergency situation.

The idea is the brainchild of a paramedic for 13 years, said: "I was reflecting on some of the calls I've attended at the roadside where I had to look through the mobile phone contacts struggling for information on a shocked or injured person. Almost everyone carries a mobile phone now, and with ICE we'd know immediately who to contact and what number to ring. The person may even know of their medical history."

By adopting the ICE advice, your mobile will help the rescue services quickly contact a friend or relative - which could be vital in a life or death situation. It only takes a few seconds to do, and it could easily help save your life. Why not put ICE in your phone now? Simply select a new contact in your phone book, enter the word 'ICE' and the number of the person you wish to be contacted.

For more than one contact name ICE1, ICE2, ICE3, etc.



We welcome your comments and suggestions about the Connection. To submit articles and/or topic ideas, please call: (269) 629-9708 or send to P.O. Box 460, Richland, MI 49083. Also visit our website at: www.CLS-Skilledlabor.com

Treating Summer Rashes

Heat Rash (prickly heat) is caused by excessive sweating during hot, humid weather.

What it's like:

Clusters of reddish bumps or pimples. It's most likely to occur on the neck, upper chest, groin and in skin creases.

Self Care:

Keep your body - including the affected area - cool and dry. Avoid ointments and creams.

Medical Care:

Unnecessary

Poison Ivy, Oak and Sumac are plants that cause rashes when your skin comes in contact with their oily sap or resin.

What it's like:

Reddish rash with blisters and crusting where the skin has been in contact with plant resin.

Self-Care:

Wash skin with soap and warm water within 10 minutes of contact with the plant to help prevent or minimize the rash. Relieve itching with over the counter hydrocortisone creams, calamine lotions or oral antihistamines. Wash clothes or any other items that may have been in contact with the plant.

Medical Care:

Seek immediate help if you have a severe allergic reaction (such as difficulty breathing or swelling of the face, tongue or lips) or if the rash is extensive. Visit your doctor if the rash effects your face, lips, eyes or genitals, or appears infected.

