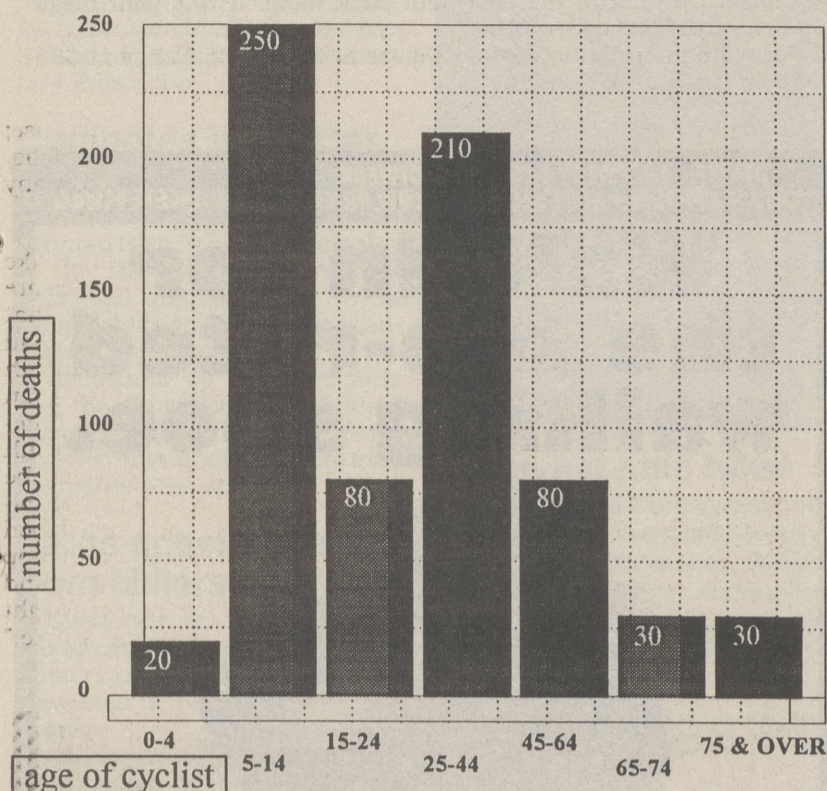


Health & Fitness



Careless bike riding can be deadly

Many cyclists love to dart in and out of traffic. But, each year, about 700 bicyclists are killed on the nation's roads. The National Safety Council has these guidelines to help you cycle smart: Obey traffic laws. Watch for opening car doors, sewer gratings, soft shoulders, broken glass and other debris. Make safe turns, using the correct hand signals and cross intersections with care. Never hitch on cars—a sudden stop or turn could send you flying into the path of another vehicle. Make sure your bike has the right safety equipment and always wear your helmet.

Proper treatment for bee stings

The emergency medicine staff at Penn State's Milton S. Hershey Medical Center offers the following advice for surviving stinging insects.

After a sting from yellow jackets, wasps, bees and hornets, the skin begins to itch, burn and swell as it turns red. Some people develop hives, coughing, wheezing and more pronounced swelling. "These are sensitive individuals who need more specific treatment than the standard first aid," says Greg Swope, assistant manager of prehospital/flight services at the medical center. "They should seek medical attention as soon as possible, but there are other steps which should be taken, as well, to prevent further illness," says Swope.

Even if you are not especially sensitive to stings, once you have been

stung you should take the following steps.

First, look for a stinger. Bees commonly lose their stinger and cannot sting again. Wasps and yellow jackets do not lose their stinger and are able to inflict multiple stings. After removing the stinger carefully by scraping it off from below, place an ice compress over the area. The local reaction of swelling and redness may last for several days after the sting. If there is any drainage from the site or increasing redness or pain over the next several days, the wound should be examined by a physician for infection.

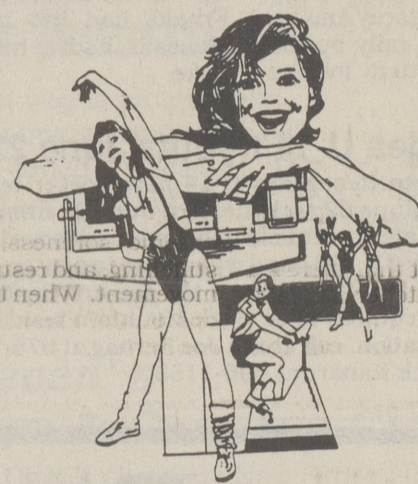
Sensitive individuals should keep an emergency kit with them which contains epinephrine and Benadryl for self-administration. These medications are available by prescription from a person's physician.

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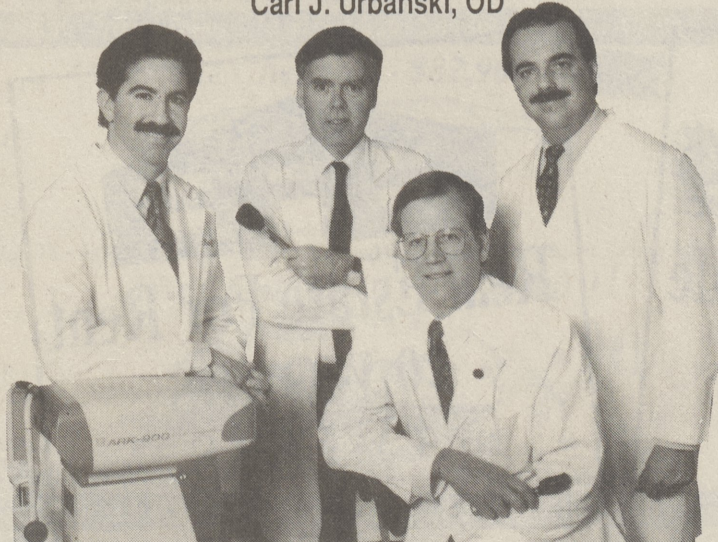
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Pictured from left to right: Harvey J. Reiser, MD, Thomas G. Sharkey, MD, Donald J. Savage, MD, and Robert G. Szulborski, MD, Ph.D.

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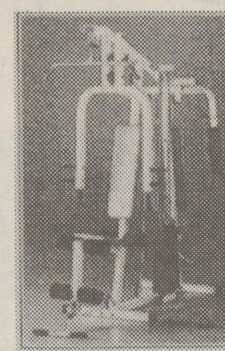
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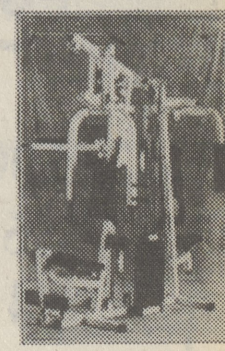
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