



spotlight on health

Taking The Sting Out Of Insect Encounters

by Dr. Dewey Caron

(NAPSA)—Keeping bees and other stinging insects at bay while you barbecue or entertain in the backyard may be easier with some help from the experts at the Lanacane Itch Information CenterSM:

- Before entertaining outdoors, check for possible nests. To prevent yellow jacket and bee infestations, keep holes and entry spaces in wood decks and siding caulked.

- The solution to annoying bees at your family barbecue: Put out a small plate of whatever you're serving before the human guests arrive. Once the bees discover this snack, carefully move the plate away from your entertainment area and bees/wasps will follow.

- Keep food containers tightly closed. Use cups with lids when serving sugared drinks such as soda, iced tea or lemonade. Never drink from an unattended can.

- Avoid wearing bright colors and using perfume/cologne, scented hairsprays, scented deodorants, and scented candles when outdoors. Citronella candles may work with mosquitoes, but do little to repel bees/wasps.

- To relieve the itching and pain of the sting, doctors recommend applying an anti-itch medication, such as Maximum Strength Lanacane[®] Anti-Itch Creme.

Not only will using Lanacane cream help provide relief from the itch and pain of a sting, but it also contains an antibacterial agent to fight off infection, should the skin become damaged from the irritant itself or from scratching.

- Late summer and early fall is when bee and wasp populations



Don't invite bees and wasps to your next party.

grow and their natural food supply dwindles. Plan big outdoor gatherings earlier in the season.

- People who have systemic reactions to bee and wasp stings should carry a portable injection of epinephrine to counteract the allergic reaction. If you have symptoms such as shortness of breath, nausea, and dizziness, seek medical attention immediately.

Many times, a bee stings the person because they are stepped on or swatted away with the stinger coming off in the person's skin by accident. In general, it is better to walk away slowly and calmly than to swing your arms or swat the bee.

To help people avoid stings, the Lanacane Itch Information Center teamed up with the University of Delaware's Center for Climatic Research to create a Lanacane Sting Forecast[™]. For more information, visit www.lanacane.com.

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