

## Medical Minute



Here is some stuff I came across and thought I would share.

To remove an allergen from your hands (say you touched a peanut and are allergic to peanuts), don't use an alcohol-based hand sanitizer. They only kill bacteria, not food proteins. Your best bet--wash with soap and water. Cheap, handy, and available! (sounds like me)

Another reason to get the shingles vaccine.... the risk for a stroke increases by 30% in the year following a case of shingles. Especially true if the shingles was around the eye. None of that sounds like fun, and makes me cringe with pain!

By age 80, women lose about 3 inches of height and men lose about 2 inches. Why? The spongy disks between the vertebrae dry out and thin, and if osteoporosis is a factor, you can have tiny breaks in the vertebrae. Unfortunately, all of that is normal but you can help minimize the loss by getting enough calcium and vit. D, and do strength training and weight-bearing exercises like walking. Yeah, yeah, yeah...another bonus of getting older.