



HEALTHY LIVING SECTION

Weekly tips and advice from your neighborhood Carolinas HealthCare System Blue Ridge providers.

How effective is your handwashing? You might be surprised.

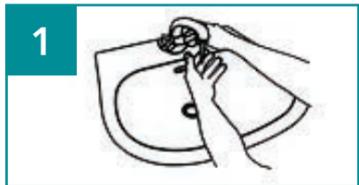
Proper handwashing is your first line of defense against contagious germs, and a surprising number of people aren't washing correctly – or even worse, aren't washing at all.

Five Surprising Facts About Germs and Your Hands:

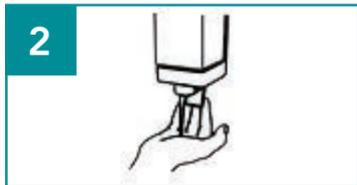
1. Fifteen percent of men don't wash their hands at all, compared with 7 percent of women.
2. Eighty percent of contagious diseases are transferred by touch.
3. A single sneeze produces more than 40,000 droplets of moisture and millions of germs that get propelled over 32 feet, often coating your hands and clothes.
4. Damp hands are 1,000 times more likely to spread bacteria than dry hands.
5. In the habit of washing your hands after touching your remote or phone? Studies have shown that TV remotes and phones are major carriers of bacteria – so you may want to start.

How to Handwash:

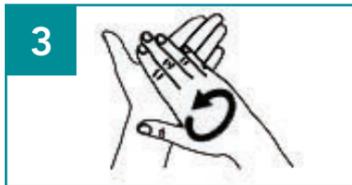
Wash hands when visibly soiled. Otherwise, use alcohol-based hand rub.



1 Wet hands with water.



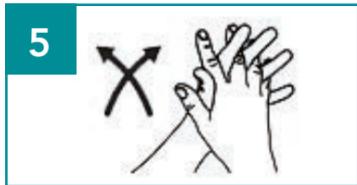
2 Apply enough soap to cover all hand surfaces.



3 Rub hands palm to palm.



4 Rub the back of the left hand with the front of the right hand; then switch.



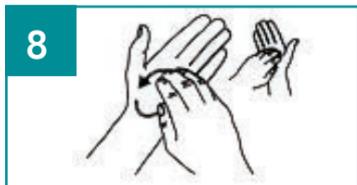
5 Rub hands palm to palm with fingers interlaced.



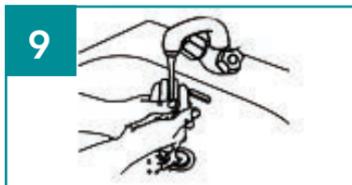
6 Clean the backs of the fingers by locking fingers into opposite palms.



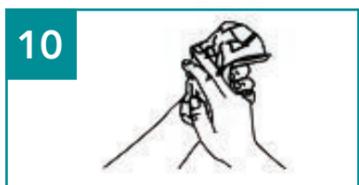
7 Rub the back of the left hand with the front of the right hand; then switch.



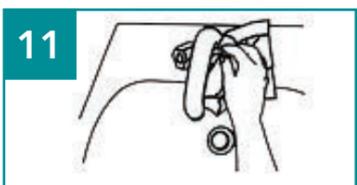
8 Rub hands palm to palm with fingers interlaced.



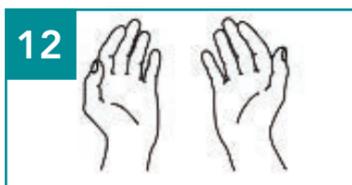
9 Clean the backs of the fingers by locking fingers into opposite palms.



10 Dry hands thoroughly with a paper towel.



11 Use a dry paper towel to turn off faucet.



12 Your hands are now safe.



Antibiotic Resistance

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Let's talk about "superbugs" — the germs — and not the radioactive spider or giant ant varieties. The term is a sensationalized description of bacteria strains that have developed a resistance to multiple antibiotics. Even though the name has been given the Hollywood treatment by the media, the situation is still quite serious. So how did superbugs come into existence?

The truth is antibiotic resistance is not a new concept. It is simply a product of the way bacteria, and life in general, behaves. Antibiotics work by killing off the bacteria that are making us sick. Unfortunately, some of the good bacteria are also destroyed in the process. Over time, a small portion of the bad bacteria will develop a resistance to the antibiotics as a means of survival, so when the non-resistant strains and the good bacteria are eliminated, the so-called superbugs are free to take over.

Antibiotic resistance is such an important issue today because humans have become overly reliant on antibiotics - and not just to cure illnesses. Farmers use them to promote growth in their livestock, antibacterial soaps and skin products are everywhere, and people have a habit of not using antibiotics as medications properly. All of those habits are contributing to more and more resistant strains of bacteria, and drug research simply can't keep up.

The Centers for Disease Control (CDC) estimates that the antibiotic-resistant strains of bacteria account for around 2 million illnesses and 23,000 deaths every year. They advise that we can all help solve the problem by receiving immunizations, practicing safe food preparation and proper handwashing techniques, and only using antibiotics as directed.

It is going to take some effort on everyone's part to get a handle on antibiotic-resistant bacteria. Start protecting yourself by following the CDC's advice, and if you have any questions regarding the superbug issue, please call us at 828-580-5705.



Garlic Chicken

Choosing to purchase organic chicken or chicken otherwise not treated with antibiotics is a good way to help combat antibiotic-resistant strains of bacteria.

- 4 boneless skinless chicken breasts
- 4 garlic cloves, minced
- 4 tablespoons brown sugar
- 1 tablespoon olive oil
- Additional herbs and spices, as desired

Preheat oven to 450 F. Line a baking dish or cookie sheet with aluminum foil and lightly coat with cooking spray or oil. In a small saute pan, saute garlic with the olive oil until tender.

Remove from heat and stir in the brown sugar. Add any desired herbs and spices and season with salt and pepper. Place chicken in the prepared baking dish and cover with the garlic and brown sugar mixture.

Bake uncovered for 15 to 30 minutes or until juices run clear. **Serves: 4**

No Special Soap Required

Studies have shown that, outside of a medical setting, antibacterial soaps do not have any added health benefits for consumers.

