

# NEWS RELEASE



For Immediate Release

Contact: Amy Hartweger  
Medicine Shoppe International  
(314) 872-5405  
ahartweger@cardinal.com

Carrie Trammell  
Weber Shandwick  
(314) 552-6752  
ctrammell@webershandwick.com

## MEDICINE SHOPPE PHARMACISTS OFFER SUMMER HEALTH ADVICE

*Pharmacists separate fact from fiction by dispelling myths about staying healthy in the summer*

**May 31, 2006** – Summer has nearly arrived and soon swimming pool trips will replace school carpool schedules. As families prepare to spend more time outside and on vacation, they may hold common misconceptions about how to stay healthy when the weather turns warmer. It is important to know the facts when preparing for more time in the sun, outdoors and in contact with insects. Medicine Shoppe® Pharmacists are offering advice to set the record straight on common health misperceptions in the summer.

“Many adults and children suffer unnecessarily in the summer due to a few activities,” said Lindsey Stephens, pharmacist and director of best practices for Medicine Shoppe International, Inc. “When in doubt, your Medicine Shoppe Pharmacist is available to help separate fact from myth when packing and preparing for the pool or park.”

There is cause for concern. The American Cancer Society states there will more than 62,000 cases of skin cancer in 2006. In addition, according to the Center for Disease Control, approximately 400 deaths occur in the U.S. each year from heat-related illnesses – more than all other natural disasters combined.

Medicine Shoppe Pharmacists are offering the following tips to help families make good decisions and stay healthy this summer:

**MYTH:** If you are fit, you are not at risk for heat stroke.

**FACT:** Everyone is at risk during activities in the heat. While it’s true that physically fit individuals have a reduced likelihood of heat stroke, they are also more likely to push themselves beyond healthy limits. Listening to your body and drinking plenty of water is necessary when spending extended amounts of time in the heat. Thirst is a late indicator of water deprivation, so it is good to drink even beyond the point of not being thirsty.

**MYTH:** Sunburn will fade into tan.

**FACT:** Sunburns are burns and not prerequisites for tans. Sunburns result in skin damage and any amount of sun exposure possesses a heightened risk for the development of skin cancers and premature aging. Having a base tan also does not protect against further sun damage.

(more)

**MYTH:** The SPF level is the only item to check when considering sunscreen.

**FACT:** The SPF (Sun Protection Factor) relates to UVB frequencies, but not to UVA radiation, which can cause deeper, more harmful damage. Use broad spectrum sunscreen with UVA and UVB protection. Look for important ingredients like zinc oxide (absorbs UVA) and titanium dioxide (scatters UVA). Use sunscreen with an SPF of at least 15.

**MYTH:** Insect repellants with higher percentages of DEET are more effective.

**FACT:** A higher percentage of DEET does not mean the repellent is more effective, it just means it might last longer between applications. Sweating and getting wet may warrant more frequent applications. A new, alternate option is Picaridin, an odorless and light repellent that is just as effective as DEET.

**MYTH:** The best way to remove a bee stinger is with tweezers.

**FACT:** Using tweezers could result in the injection of more venom into the skin. When removing the stinger, gently scrape it away with a rigid edge of a credit card or dull butter knife. Once the stinger is removed, gently wash the area with soap and water, apply a cold compress and elevate the affected area.

**MYTH:** Clothing prevents mosquito bites.

**FACT:** Clothing does help defend against mosquito bites, but its effectiveness depends on the type of clothing. Mosquitoes will typically bite exposed skin first, but they can bite through tight or thin clothing. Wear thick, loose-fitting and light-colored clothing if you're in the proximity of mosquitoes, as they are attracted to dark material.

**MYTH:** If my medication doesn't include a sun sensitivity label, I don't have to take additional precautions when exposing myself to the sun.

**FACT:** Certain antibiotics, birth control pills, diuretics, antihistamines and antidepressants are among the commonly used drugs that can increase sensitivity to the sun's rays. When you fill a prescription, be sure to ask your doctor or pharmacist if the medication can cause a photosensitivity reaction.

"It's important to learn preventative measures to ensure your health and safety during the summer months," said Stephens. "Consult your pharmacist or physician to help you find the correct solutions to address common summer health problems."

Your local Medicine Shoppe Pharmacist can provide additional details on how to stay healthy and safe this summer. For more information and to find a Medicine Shoppe Pharmacy near you, visit [www.medicineshoppe.com](http://www.medicineshoppe.com).

**About Medicine Shoppe International.**

Medicine Shoppe International, Inc. ([www.medicineshoppe.com](http://www.medicineshoppe.com)), a Cardinal Health Company, is the largest franchisor of independent community pharmacies in the U.S. In 2003, Medicine Shoppe International acquired Medicap Pharmacies Incorporated ([www.medicap.com](http://www.medicap.com)), which franchises independent community pharmacies in the U.S. under the trade name Medicap Pharmacy®. Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations are distinguished for their commitment to providing expert, personalized health care. There are nearly 1,000 domestic Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations and more than 300 pharmacies in six other countries.

###