

Holland Hospital

# Healthy Life

Register for Fall Classes!  
See Class Schedule Inside.



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**FREE!**  
Please Take One.



# Parents: Do Your Homework for a HEALTHY SCHOOL YEAR

Back-to-school time brings with it a major shift in lifestyle for most families, and it's a transition that needs some preparation in order to run smoothly. If you have a child heading to school, make sure to do your homework to help ensure a healthy and safe school year for your family.



**Schedule a back-to-school checkup.** And catch up on all immunizations and screenings. (See recommendations on next page.)

**Adjust your child's bedtime** a few weeks before school starts to help your child ease into the earlier-morning schedule.

**Review bus safety.** Remind your child of basic bus rules, including staying seated while the bus is moving and always staying in the bus driver's sight while crossing the street.

**Discuss bullying.** It's important that your child knows it's not OK to bully or be bullied. Make sure your child knows to talk to an adult if he or she is having problems.

**Set an exercise plan.** Aim for 20 to 30 minutes of activity for your child each day, such as biking or walking. Movement-based video games like Dance Dance Revolution and Wii Fit offer a fun indoor alternative.

**Prevent sports injuries.** Sports injuries are common among active teens – but they don't have

to be. Encourage your teen to use the right equipment (shoes, protective gear, etc.) for his or her sport, to warm up before playing, and to drink plenty of water to avoid dehydration.

**Lighten the load.** Heavy backpacks place undue stress upon a young person's back and shoulders, which can lead to pain, stiffness and poor posture. Help your child lighten up by buying a quality backpack with padding and wide shoulder straps. When packed, it shouldn't weigh more than 10 percent to 15 percent of his or her body weight.

**Steer clear of germs.** Teach children a few simple techniques to help keep colds, flu and other contagious illnesses at bay. See back cover for tips.

Help make this year a healthy one for your child. You won't have an exam to test your efforts, but the health and happiness of your child will prove that you've made the grade. ■



## KEEP NUTRITION IN YOUR CURRICULUM

We all know that a healthy diet is important for children's growth. Sandi Purdy, clinical registered dietitian at Holland Hospital, points out that good nutrition also helps your child maintain the energy needed to focus throughout the school day.

Purdy advises keeping brown bag lunches interesting with different tastes, textures and colors. "Lunch is the perfect time to incorporate a wide variety of healthy foods," she says. Here are some ideas:

- First things first: start the day with a balanced breakfast.
- Keep a copy of the school lunch menu handy and plan which days your child will bring a lunch from home.
- Avoid beverages and foods in which sugar or high-fructose corn syrup is one of the first ingredients. That said, it's okay to include a small sweet treat a few days a week.

- Re-invent the ordinary sandwich using pita pockets, wraps, small bagels, English muffins, rolls and soft tortilla shells.
- Use hummus or guacamole as a dip or spread – great with veggies or cut-up pita bread.
- Garnish sandwiches with spinach, sprouts and/or tomatoes.
- Include a fruit and vegetable with each lunch.
- Put some peanut butter in a small container to eat with a banana, apple slices or celery sticks.
- Pack granola and low-fat yogurt to mix right before eating (to retain crunchiness).
- Stock your kitchen with healthful snacks kids can grab when they get the after-school munchies. Fruit, nuts, granola bars, yogurt, string cheese and carrot sticks with low-fat dip are typically kid-pleasers.

# PROTECT YOUR FAMILY

## VACCINATIONS – SIMPLE WAYS TO STAY HEALTHY

Immunization against such infectious diseases as measles, polio and pertussis (whooping cough) has been a public-health success. Childhood diseases that once often resulted in serious illness, disability or death are rarely seen in American children.

However, that doesn't mean that parents can stop being vigilant, points out Beth Peter, MD, of Lakewood Family Medicine. "The germs that cause these illnesses still exist, as evidenced by recent outbreaks of whooping cough," she says. "Fortunately, most people are protected by vaccines."

According to the Centers for Disease Control and Prevention (CDC), the United States currently has the safest, most effective vaccine supply in history.

### Getting on schedule

Babies often receive their first vaccination soon after birth – for hepatitis B – and then begin a series of additional vaccinations at 2 months, including:

- DTaP for diphtheria, tetanus and pertussis
- Hib for haemophilus influenzae type b, which can cause pneumonia, serious throat swelling and infections
- IPV for polio
- PCV for pneumococcal infections
- Rotavirus for severe diarrhea and stomach flu

Other vaccinations begin at 12 months:

- MMR for measles, mumps and rubella
- Varicella for chicken pox
- Hepatitis A

### New recommendations

The 2010 vaccination schedule released by the CDC, American Academy of Pediatrics (AAP) and American Academy of Family

Physicians (AAFP) adds the H1N1 influenza vaccine for children over 6 months. The report also suggests:

- MCV4 (meningococcal vaccine) for children 11 to 18 years of age to prevent meningitis. Requires a single shot.
- HPV (human papillomavirus vaccine) for girls around age 11 or 12 – a three-dose series to protect against cervical cancer and genital warts.
- HPV for boys between 9 and 18 years – to prevent genital warts.

Before your children head back to school this year, make sure they are up-to-date on vaccinations. You can find current recommendations at: [www.cdc.gov/vaccines/recs/schedules/child-schedule.htm](http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm). ■



## BOOST YOUR IMMUNITY

If you haven't rolled up your sleeve for a shot lately, you're probably overdue! Adults need vaccinations to both stay healthy and to prevent spreading sickness to those most vulnerable, such as children and seniors.\*

**Seasonal influenza** – Safe for those over the age of 6 months. Get vaccinated as early in the flu season as possible – typically September through November.

**Diphtheria, tetanus and pertussis booster** – This 10-year booster shot is recommended for those ages 19 to 64.

**Herpes zoster (shingles)** – Only for those over the age of 60. This painful, blistering nerve rash can strike anyone who has had chicken pox. This is a one-time vaccination.

**Pneumonia** – Recommended for ages 65 and above, as well as smokers and people with chronic lung problems. For most people, this is a one-time shot.

\* Talk to your doctor to determine what vaccinations are appropriate for you.



## VACCINATE YOURSELF FROM MISINFORMATION

Misinformation about vaccines can confuse parents who are trying to make informed decisions. Here are some answers from the CDC to common questions parents have about vaccinations:

**Is it OK to have several shots at once?** The CDC, AAP and AAFP recommend using combination vaccines, which protect against more than one disease with a single shot.

**Can vaccines cause autism?** The CDC, AAP and Institute of Medicine agree that scientific studies have found no relationship between vaccines and autism. The original British study suggesting a link has been retracted by its authors.

**Why does my child need to be vaccinated against rare diseases?** Diseases such as polio, diphtheria and measles are highly contagious. Even the few cases in the U.S. each year could spread to hundreds of thousands if vaccinations for those diseases stopped. Plus, these diseases still exist in other parts of the world, and increased global traffic raises the risk of encountering an infected person.

◀ On the cover: Dr. Beth Peter talks with preschoolers at Lakeshore Little People's Place in Holland. At left: When it's time for a vaccination, colorful Band-Aids can help, as shown by Dr. Peter's 4-month-old son, Gus.

### ABOUT THE DOCTOR

Beth Peter, MD  
Family Medicine  
Lakewood Family Medicine  
382 N. 120th Ave.  
Holland  
(616) 396-6516

## GRAND OPENING CELEBRATION FOR THE WHOLE FAMILY

SATURDAY, SEPT. 25, 2010

9 A.M. - NOON

8300 Westpark Way in Zeeland Township

Located off 84<sup>th</sup> Avenue just south of Byron Road  
(near the I-196 interchange)



◀ *Left to right:* Lindsey Ray, NP-C, Jason Myers, DO, and Joshua Everhart, DO, look forward to their move to Holland Hospital's new medical building on Westpark Way (photographed while still under construction this spring). The primary-care providers with Lakeshore Health Partners–Family Medicine will welcome patients at the new location on Oct. 4.

## Grand Opening Celebrates A NEW FAMILY OF SERVICES

A year ago, Holland Hospital broke ground for an expansion of services to meet the needs of our patients east of the hospital. That goal will soon be realized as Holland Hospital prepares for the opening of our new 32,000-square-foot medical office building at 8300 Westpark Way in Zeeland Township.

for ease of movement and plenty of natural light. And the focus on convenience continues even after the doctor visit has ended. Before they leave, patients can fill common prescriptions at the InstyMeds automated medication dispenser, saving a trip to the pharmacy.

Mark your calendar for our Grand Opening on Saturday, Sept. 25, from 9 a.m. to noon. Festivities will include tours, events for kids, free health screenings and more. Most important, Lakeshore-area residents will discover the comprehensive array of health care services available in one easy-to-access location, including:

- Lakeshore Health Partners–Family Medicine primary-care physicians
- Walk-In Care open six days a week for immediate health concerns
- Laboratory and Radiology Services
- A variety of medical specialists available on a rotating basis

### Multi-use design for first-class care

Before breaking ground for the multi-use building, local physicians, nurses and other experts were consulted for input on the best ways to meet patients' needs with maximum quality

and efficiency. The results can be seen throughout the facility when it opens for patients on Oct. 4, says Mike Parker, Holland Hospital director of Support Services and Construction Management.

“From a patient standpoint, it’s designed to be a seamless delivery of care that begins when they enter the door,” Parker says.

The first stop inside the glass-paneled entryway is the Concierge Desk, where patients are greeted, registered and directed to the appropriate service. The waiting room – a large, daylight-filled atrium – includes a children’s entertainment area set apart by see-through panels and a coffee corner. Wide corridors lead to the patient exam rooms, Walk-In Care, and Lab and Radiology Services on the main level. An open staircase and elevator lead to specialists’ offices on the second floor.

Waiting areas and staff work spaces have been designed with an open concept to allow

Constructed seven miles east of Holland Hospital, the new medical office building represents a significant investment in the health of the Lakeshore community, notes Dale Sowders, president and CEO of Holland Hospital. “We are pleased to bring more primary care providers and convenient health care services to the community, ensuring continued access to needed services well into the future.”

### Lakeshore Health Partners – Family Medicine

A well-established need for primary care in the Lakeshore area led to the formation in January of Lakeshore Health Partners–Family Medicine (LHP) in Zeeland. As of Oct. 4, family medicine physicians Jason Myers, DO, and Joshua Everhart, DO, and certified family nurse practitioner Lindsey Ray will welcome patients at the new facility on Westpark Way.

Comprised of 12 patient exam rooms on the main level, LHP–Family Medicine is specifically designed to provide care for the whole family, from pediatric to adult. The medical team has

*Continued on page 5*



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the latest health care technology at their fingertips. The building's wireless access, coupled with LHP's extensive electronic medical records system, enables doctors to access patient records and perform many functions – such as ordering prescriptions and viewing lab and radiology results – using notebook-sized tablet PCs they carry with them into the exam room.

If patients require a blood test or diagnostic X-ray, lab and imaging services are only a few steps away. And the nearby Walk-In Care clinic, staffed by LHP–Family Medicine providers, makes immediate medical care available when needed.

For more information or to make an appointment, call LHP–Family Medicine at (616) 772-7314 or go to [lakeshorehealthpartners.com](http://lakeshorehealthpartners.com).

### Walk-In Care open to all

Holland Hospital's Walk-In Care offers prompt medical care for illnesses or injuries that require immediate attention, but are not considered life-threatening. The service is available to all, no appointment needed, Monday through Friday, 7 a.m.–7 p.m., and Saturdays from 9 a.m.–2 p.m.

Walk-In Care offers many advantages when immediate care is needed: easy access; short wait times; early-morning, after-work and Saturday hours; and quality health care professionals from Lakeshore Health Partners–Family Medicine. On-site laboratory, X-ray and medication-dispensing services help ensure prompt diagnosis and treatment.

### Convenient option for lab and X-ray services

Holland Hospital will offer laboratory and X-ray services on a walk-in basis at the new facility. X-ray services are open Monday through Friday, 7 a.m.–7 p.m., and Saturdays 9 a.m.–2 p.m. Walk-in lab hours are weekdays, 7 a.m.–3:30 p.m. Digital mammography and bone-density testing will be available by appointment.

### Medical specialists schedule hours on the 2<sup>nd</sup> floor

Residents who live or work east of Holland Hospital will have increased access to medical specialists. The medical building's 3,000-square-foot second floor is equipped with exam and procedure rooms and specialized facilities for a variety of medical specialists who will see patients there on a rotating schedule. Physicians and their hours will be announced soon. ■

# ASK THE EXPERT



Is erectile dysfunction just a normal, though unpleasant, part of getting older?



This is a question urologists are frequently asked. What we do know is that the incidence of erectile dysfunction (ED), or the inability to get or maintain an erection, does increase with age. But the central issue is the *significance* of ED. We used to think ED was just a lifestyle issue and held little, if any, importance in a man's life or health. We now understand that it's really just the opposite: ED is just as important in a patient's overall health as is his diabetes, blood pressure or cholesterol.

Over the past five years, hundreds of scientific papers have been written documenting the importance of ED as an early sign of other potentially life-threatening medical problems. We know that in most cases ED is a vascular disease, as is coronary artery disease. What this means is that a patient who complains of ED is at an increased risk for having coronary artery disease, and thus is at increased risk for a heart attack. This association is even more profound in patients who have diabetes and

ED; their risk of heart attack is five times that of the general population.

Asking men, regardless of their age, about their erectile function is part of a typical health physical at the doctor's office. Further assessment, if needed, is easy and rarely requires invasive testing. Likewise, the treatment of ED – which includes a range of options from lifestyle or medication changes to surgical repair – is almost always successful.

The most important step any man experiencing ED can take is to consult his doctor. Determining the cause and successfully treating it may help prevent a life-threatening condition, and can certainly lead to a better quality of life. ■



#### ABOUT THE DOCTOR

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(616) 392-1816

## STAY CONNECTED!



Receive free, quarterly updates on our latest news, services, classes, community events and more. Sign up at [hollandhospital.org/enews](http://hollandhospital.org/enews).

# STAYING A STEP AHEAD

THE LAKESHORE'S DESTINATION CENTER FOR JOINT REPLACEMENT

For people with chronic hip or knee pain, life's simple tasks can become major challenges.

Many are forced to give up activities they enjoy, change exercise habits and limit how far they walk. While medication and targeted exercise may offer temporary comfort, joint replacement is often the solution that provides lasting relief and a return to an active, independent life.

Holland Hospital's Joint Replacement Center performs more than 300 knee and hip replacements each year and consistently earns high satisfaction ratings from patients. Now, in collaboration with national joint care experts and area orthopaedic specialists, the hospital is taking steps to boost the program to the next level of patient-care excellence.

"Recent enhancements position Holland Hospital as a 'destination center' for joint replacement," says Kristie Dennett, joint replacement care coordinator. "We want area residents to know that Holland Hospital can be their first choice for excellent joint replacement care. There's no need to travel any farther."

Dennett brings 25 years of experience as a certified orthopaedic nurse to her new role with the Joint Replacement Center, located on the hospital's fifth floor. As care coordinator, she acts as a touchstone for all joint replacement patients – "to facilitate the entire process from before surgery is scheduled to their post-op care," she says.

## Comprehensive care for outstanding results

"Joint replacement is a process that encompasses much more than the surgery itself," explains Jon Hop, MD, orthopaedic surgeon with Shoreline Orthopaedics. "It begins with patient-surgeon consultations and pre-operative patient education. After surgery, patients benefit from a comprehensive program to promote rapid recovery."

As medical director of Holland Hospital's Joint Replacement Center, Dr. Hop helped lead the recent program improvements. He and hospital staff worked in partnership with Marshall Steele and Associates, a national consulting firm with expertise in developing joint replacement destination centers.

Today, Holland Hospital's program is poised to take its place among the best in the nation, Dr. Hop asserts. Early performance comparisons

among 50 similar, high-functioning joint centers across the country place Holland Hospital's in the top five for both clinical outcomes and patient satisfaction.\*

## Enhancing the patient experience

Enhancements to the Joint Replacement Center include new equipment, rehabilitation tools, patient education materials and classes, and other amenities. Here are some features that help make each joint patient's care a rewarding experience:

- **Free Hip and Knee Pain Seminars** – to help those with hip and knee pain understand the range of surgical and nonsurgical options and what to expect with joint replacement surgery.
- **Joint Replacement Classes** – pre-operative education for those who have scheduled surgery or plan to do so in the near future. Participation is scheduled by your surgeon's office.
- **Expert Joint Care Team** – skilled specialists who focus on providing the best possible care for every patient, including orthopaedic nurses, physical therapists, occupational therapists and other joint care specialists.
- **Detailed Patient Guidebook** – explains all aspects of joint replacement preparation, surgery, recovery and rehabilitation during the hospital stay and return to daily activities.



## OSTEOARTHRITIS: HELP FOR THE 'WEAR AND TEAR' DISEASE

As a photographer for OM Ships International, an overseas ship ministry, Tom Brouwer's job involved long gangways, steep stairways and a lot of bending and lifting. Over the past few years, it also included increasing pain as the osteoarthritis in his right hip worsened.

He took painkillers and tried to rest between bouts of activity, but the pain persisted. "Eventually I couldn't walk, so I could no longer do my job," says Brouwer, whose home is in Port Sheldon Township when he's not traveling. "It convinced me that I needed to get a hip replacement."

Osteoarthritis is sometimes referred to as "wear and tear" arthritis. It occurs when cartilage, the rubbery tissue at the ends of bones, has worn away. Bones rub directly against each other making it painful to move. It is one of the nation's most frequent causes of disability.\*

Following his hip replacement surgery, Tom Brouwer engages in group therapy with Physical Therapist Assistant Bernie Engels. Brouwer's wife and coach, Ming Bee, offers encouragement throughout his hospital stay and recovery.

**LEARN MORE** *by attending a free Hip and Knee Pain Seminar. See the attached Class Schedule for dates and times.*

- **New Equipment** – specially designed furniture and equipment for patient comfort, plus new tools to assist rehabilitation, track progress and assess patient satisfaction.
- **Comprehensive Joint Program** – our program helps guide and encourage each patient's rehabilitation by including group activities, family members as "coaches," and a friendly, supportive environment.
- **Private Rooms and Amenities** – rooms and special equipment to support the unique needs of our joint replacement patients.
- **Home Therapy and Outpatient Rehabilitation** – with a focus on discharge to home rather than a skilled nursing facility, Holland Hospital's Home Health Services and Outpatient Rehabilitation programs have enhanced their services to ensure a consistent plan of care throughout recovery.

For more information, contact Kristie Dennett at (616) 494-4032. Learn more by attending a free Hip and Knee Pain Seminar; orthopaedic surgeons from Shoreline Orthopaedics and The Bone & Joint Center will present information and answer questions about treatments for joint pain. See the attached Class Schedule for dates and times. ■

\* Marshall Steele & Associates, Summit 2010 Staying a Step Ahead.

Conservative measures such as weight management, exercise and medications can help alleviate the painful effects of osteoarthritis and slow its progression. "If pain becomes severe or doesn't respond to those treatments, many patients turn to joint replacement for a more permanent solution – and to regain their life," says Kristie Dennett, RN, BSN, care coordinator for Holland Hospital's Joint Replacement Center. "In fact, three out of four hip and knee replacements are due to osteoarthritis."

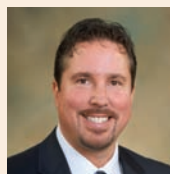
It was the answer for Brouwer, 60. He recently had hip replacement surgery and therapy at the Joint Replacement Center. He looks forward to returning to his work activities soon, minus the pain.

\* Source: Arthritis Foundation, [www.arthritis.org](http://www.arthritis.org).

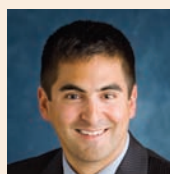
## NEW PHYSICIANS

Holland Hospital welcomes the following physicians to our Medical Staff.

**Shilpa S. Coats, MD**  
Anesthesiology  
Macatawa Anesthesia, PC  
Holland Hospital – Anesthesia Department



**Thomas A. Fasbender, DO**  
Obstetrics/Gynecology  
Michigan Medical, PC – OB/Gyn\*  
3232 N. Wellness Dr.  
Holland  
(616) 994-0062

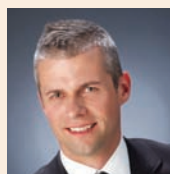


**Christopher Howell, MD**  
Internal Medicine  
Lakeshore Health Partners –  
Internal Medicine\*  
3235 N. Wellness Dr., Suite 120B  
Holland  
(616) 399-9522



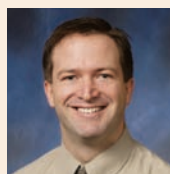
**Andrew P. Jameson, MD**  
Internal Medicine  
Lakeshore Health Partners –  
Adult Hospitalists  
Holland Hospital  
(616) 546-4950

**Ni Jin, MD**  
Pathology  
Westshore Diagnostics, PC  
Muskegon



**Derick Johnson, DO**  
Orthopaedics – Joint Replacement  
The Bone & Joint Center\*  
3299 N. Wellness Dr., Ste. 240  
Holland  
(616) 738-4420

**Eric C. Kozfkay, DO**  
Physical Medicine & Rehabilitation  
Michigan Pain Consultants, PC  
844 S. Washington, Suite 100  
Holland  
(616) 546-2550



**Stephen Mauger, MD**  
Internal Medicine  
Lakeshore Health Partners –  
Internal Medicine\*  
3235 N. Wellness Dr., Suite 120B  
Holland  
(616) 399-9522

**Todd A. Mulderink, MD**  
Radiology  
Advanced Radiology Services, PC  
Holland Hospital – Radiology Services

**Garth B. Rotman, MD**  
Emergency Medicine  
Emergency Physicians Incorporated, PC  
Holland Hospital – Emergency Department



**Carl Wierks, MD**  
Orthopaedics – Sports Medicine  
The Bone & Joint Center\*  
3299 N. Wellness Dr., Ste. 240  
Holland  
(616) 738-4420

### MID-LEVEL HEALTH CARE PROVIDERS

"Mid-level" refers to nurse practitioners (NP), physician assistants (PA) and other clinical medical professionals licensed to provide patient care under the supervision of a physician. Holland Hospital welcomes the following mid-level health care providers.

**Debra Brown Bayus, NP-C**  
Gastroenterology  
Michigan Medical, PC – Gastroenterology  
890 S. Washington Ave.  
Holland  
(616) 396-2665

**Jennifer L. Solis, FNP**  
Family Medicine & Emergency Medicine  
Lakeshore Health Partners – South Washington  
Family Medicine  
904 S. Washington Ave.  
Holland  
(616) 392-8035

**William J. Zwiers, CRNA**  
Macatawa Anesthesia, PC  
Holland Hospital – Anesthesia Department

\* Located at the Lakeshore Medical Campus, off Riley Street just east of US-31 in north Holland.

**FOR MORE INFORMATION ON PHYSICIANS** *who are members of Holland Hospital's Medical Staff, visit [hollandhospital.org](http://hollandhospital.org) and click on "Find a Physician." Physicians are searchable by name or medical specialty.*

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602 Michigan Ave.  
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## GERM QUIZ

# TEST YOUR **GERM** KNOWLEDGE

Are you afraid to leave home without your hand sanitizer – or do you rarely give germs a second thought? Take this quiz to see how much you know about everyday germs.

- 1 Which has the most germs – the average handbag or the average toilet seat?
- 2 Where should you store your toothbrush – on the bathroom sink or in the medicine cabinet?
- 3 Who has the germiest desks – men or women?
- 4 Microwaving your kitchen sponge is a good way to get rid of germs – true or false?
- 5 Which is the most germ-laden stall in a public restroom – first, second or last stall?
- 6 How long can germs live on a hard surface – three hours or three days?

### Answers:

1. The average handbag has more germs than a toilet seat.\*
2. The medicine cabinet is the better choice for storing your tooth brush. Storing it by the bathroom sink leaves it open to toilet debris floating in the air – gross! By storing it in the medicine cabinet, you give it another layer of defense against germs.
3. Women have the germiest desks. Women are more likely to have purses, lotion and snacks sitting on their desks, harboring more bacteria.\*
4. True. By microwaving your damp kitchen sponge for two minutes on full power, you can eliminate up to 99% of the bacteria that's lurking on it.\*\*

5. The second stall is the germiest one, but no matter which one you use, be sure to wash your hands thoroughly before leaving the restroom.\*
6. Some viruses can survive for up to three days, and an infected person can leave a trail of germs on every surface he or she touches.\*

Surprised – and a little unsettled – by some of these answers? Help stop the spread of germs by following the precautions listed below.

\* Source: University of Arizona research study led by Dr. Charles Gerba, "Germs in the Workplace," 2006.

\*\* Source: *Journal of Environmental Health*, December 2006.

## OUTSMART GERMS: HERE'S HOW

Try as we might, we can't completely eradicate disease-causing germs from our environment. But we can do the next best thing – we can outsmart the tiny microbes with a few surprisingly simple precautions:

- Keep your distance from anyone who has a cold.
- Wash your hands frequently using soap and warm water, especially after blowing your nose.

- If you don't have a tissue, sneeze or cough into your elbow or shirtsleeve – not your hands!
- Avoid touching your mouth, nose and eyes, and don't share towels, eating utensils or drinking glasses with others.
- Use disinfecting wipes on surfaces in your home, office or school.