

HERE'S TO YOUR HEALTH...

LYME DISEASE

Watching for the Dreaded Bullseye
By Svet Milic, Colonia Pharmacy



The summer months brings many things – sunshine, warmer weather, and more time outside. With more time being spent outdoors, there is increased risk of many things, such as sunburns, dehydration and even insect bites, especially from ticks. According to the CDC, Lyme disease is the most common vector-borne disease in the United States, spread to humans through a bite from a black-legged tick (sometimes called a deer tick), infected by the bacterium *Borrelia burgdorferi* or *Borrelia mayonii*.

The most common symptoms of Lyme disease are seen within 3-30 days following a bite from an infected tick and can include fever, headache, fatigue and a unique “bulls-eye” skin rash called erythema migrans. The rash, while not typically itchy or painful, usually expands slowly over the days following a tick bite, can spread to 12 inches across, and may feel warm to the touch. While the erythema migrans “bullseye” rash is one of the traditional hallmarks of Lyme disease, not everyone with Lyme disease develops the rash.

The risk of contracting the Lyme infection is unlikely if the tick is attached for less than 36-48 hours. If you find an attached tick that looks swollen, it may have fed long enough to transmit bacteria; removing the tick as soon as possible might prevent infection. The CDC recommends using clean fine-tipped tweezers to grasp the tick as close to the skin's surface as possible, pulling upward in a firm manner, being careful to not twist the tick as this could cause parts of the tick to break off and remain in the skin. The CDC recommends disposing of ticks by putting it in alcohol, flushing it down the toilet or disposing of it in a sealed bag/container or wrapping it tightly in tape – never crush a tick with your fingers. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, soap and water.

Risk factors for getting bit by a tick include spending time in wooded or grassy areas, especially in the Northeast and Midwest United States. Having exposed skin also increases your risk for a bite as ticks can attach easily to bare skin. Some ways to prevent Lyme disease and tick bites in general include the use of insect repellent, wearing long sleeve protective clothing when in wooded areas covering arms and legs, checking for ticks after leaving those areas and removing ticks correctly and promptly if found. Remember to check all members of the family as soon as you leave high risk areas, including any pets.

Although most cases of Lyme disease can be treated with a course of antibiotics, if left untreated, the infection can spread to joints, the heart and the nervous system. In certain circumstances and/or in areas where Lyme disease is common, your healthcare provider may consider a single course of an antibiotic after a tick bite to lower your risk of Lyme disease. If you or a family member experience a tick bite, the most important thing to do is to remove the tick quickly and completely. Call your healthcare provider in the event you experience a rash, fever, fatigue, headache, muscle pain or joint swelling and pain within a month of experiencing a tick bite.

A Message from Your Pharmacists: Not sure what a new rash might be and need some relief? Come ask your local pharmacist so they can help you pick an over the counter remedy or refer you for more care in the case of a more serious rash.

HOW TO SELECT ATHLETIC SHOES

By Dr. Emma L. Yopez-Ziegenbalg



Too many people choose fashion over function when purchasing athletic shoes, not realizing that poor-fitting shoes can lead to pain throughout the body. Footwear plays such an important role in the function of bones and joints, especially for runners and other athletes, choosing the right shoe can help prevent pain in your back, hips, knees, and feet.

Unfortunately, there is no such thing as the very best athletic shoe. Every pair of feet is different, every shoe has different features, and overall comfort is a very personal decision. For this reason it's recommended that you first determine your foot type: normal, flat, or high arched.

Normal feet have a normal-sized arch and will leave a wet footprint that has a flare, but shows the forefoot and heel connected by a broad band. A normal foot lands on the outside of the heel and rolls slightly inward to absorb shock. Best shoes: Stability shoes with slightly curved shape.

Someone that has flat feet have feet with a low arch and leaves a print that looks like the whole sole of the foot. It usually indicates an over-pronated foot—one that strikes on the outside of the heel and rolls excessively inward (pronates). Over time, this can cause overuse injuries. Best shoes: Motion-control shoes or high-stability shoes with firm midsoles. These shoes should be fairly resistant to twisting or bending. Stay away from highly cushioned, highly curved shoes, which lack stability features.

The high-arched foot leaves a print showing a very narrow band—or no band at all—between the forefoot and the heel. A curved, highly arched foot is generally supinated or under-pronated. Because the foot doesn't pronate enough, usually it's not an effective shock absorber. Best shoes: Cushioned shoes with plenty of flexibility to encourage foot motion. Stay away from motion-control or stability shoes, which reduce foot mobility.

Consider the following tips before you purchase your next pair of athletic shoes:

- Match the shoe to the activity. Select a shoe specific for the sport in which you will participate. Running shoes are primarily made to absorb shock as the heel strikes the ground. In contrast, tennis shoes provide more side-to-side stability. Walking shoes allow the foot to roll and push off naturally during walking, and they usually have a fairly rigid arch, a well-cushioned sole, and a stiff heel support for stability.
- If possible, shop at a specialty store. It's best to shop at a store that specializes in athletic shoes. Employees at these stores are often trained to recommend a shoe that best matches your foot type (shown above) and stride pattern.
- Shop late in the day. If possible, shop for shoes at the end of the day or after a workout when your feet are generally at their largest. Wear the type of socks you usually wear during exercise, and if you use orthotic devices for postural support, make sure you wear them when trying on shoes.
- Have your feet measured every time. It's important to have the length and width of both feet measured every time you shop for shoes, since foot size often changes with age and most people have 1 foot that is larger than the other. Also, many podiatrists suggest that you measure your foot while standing in a weight bearing position because the foot elongates and flattens when you stand, affecting the measurement and the fit of the shoe.
- Make sure the shoe fits correctly. Choose shoes for their fit, not by the size you've worn in the past. The shoe should fit with an index finger's width between the end of the shoe and the longest toe. The toe box should have adequate room and not feel tight. The heel of your foot should fit snugly against the back of the shoe without sliding up or down as you walk or run. If possible, keep the shoe on for 10 minutes to make sure it remains comfortable.

Once you have purchased a pair of athletic shoes, don't run them into the ground. While estimates vary as to when the best time to replace old shoes is, most experts agree that between 300 and 500 miles is optimal. In fact, most shoes should be replaced even before they begin to show signs of moderate wear. Once shoes show wear, especially in the cushioning layer called the midsole, they also begin to lose their shock absorption. Failure to replace worn shoes is a common cause of injuries like shin splints, heel spurs, and plantar fasciitis.



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