

# Healthy Outcomes

June is Men's Health Month

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Central PA  
Health Care Quality Unit  
Monthly Newsletter  
June 2024

[WEBSITE](#)



## How to treat a poison ivy rash

By Geisinger Wellness April 2024

In most cases, poison ivy symptoms can be treated at home with over-the-counter medications.

You do not have to be a frequent camper or gardener to be familiar with the saying, "Leaves of three, let it be." But even if you have heard the adage about poison ivy, it can still be tricky to avoid.

"Quick action after contact can make a big difference in how widespread a poison ivy rash becomes," says Ashley Lewis, MD, a Geisinger primary care physician.

Learn what steps to take so you can get back to enjoying the great outdoors itch-free.

### How to spot poison ivy

In addition to the characteristic leaves of three, also be on the lookout for leaves with pointed tips and serrated edges.

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### WHAT'S NEW

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The stems can be either red or green and might be covered in small hairs. This pesky plant is native to North America and can grow as ground cover, a shrub, or a climbing vine.

The leaves, stems and roots of poison ivy all contain a chemical called urushiol oil, which is responsible for the allergic reaction. All it takes is a slight brush on the skin, and you're in for a world of itching and blisters.

## What to do if you touch poison ivy

If you do come in contact with poison ivy, here are a few things to do immediately afterward:

- Do not touch or rub the area.
- Remove affected clothing and wash separately in hot water.
- Rinse the area thoroughly to remove as much toxin as possible. You can wash with rubbing alcohol, dish soap or detergents. Wash frequently to prevent oils from spreading, keeping the area cool and clean.
- Apply duct tape on the affected area, then pull it off to remove any hair.

Taking these steps can reduce the severity of an allergic reaction.

## Symptoms of poison ivy

It may take a few hours or days to notice symptoms, which can last up to three weeks. These can include:

- Redness
- Swelling
- Itching
- Blisters
- Fever
- Typically, you will start to itch before the poison ivy rash even appears. Eventually, blisters will form and break and crust over.

### Myth - "Leaves of three, let it be."

**Fact:** Many people believe this phrase can correctly identify poison ivy. This is partially true when it comes to ivy; however, this is not the case for poison oak and poison sumac. Poison ivy has three leaves per cluster. Meanwhile, poison oak usually has between 3 to 5 leaves, and poison sumac has between 7 to 13 leaves on a branch.

Some people are more sensitive to urushiol than others, which can impact the severity of your symptoms.

## Is poison ivy contagious?

"Contrary to popular belief, poison ivy rashes are not contagious from person-to-person contact," says Dr. Lewis.

However, it is possible for someone to get a rash if they touch an object (think clothing, garden tools, pets, etc.) that has the plants' oils on them.

To prevent this, take the time to wash your garden tools after use. If you think you will be working in an area that might have poison ivy, wear long sleeves and pants tucked into boots and wash your clothes immediately after you are done. Read more on [Poison Ivy Treatments and When to See a Doctor](#)

**Myth:** A little bleach on the rash will dry it right up. **Fact:** A poison ivy rash is a break in the skin. Any caustic material, such as bleach or rubbing alcohol, can damage your tissues and make it harder for a wound to heal. Keep the rash clean with soap and water. Cover it with a bandage if it is oozing to help prevent bacteria from getting into the wound. [Read More](#)



## What is Swimmer's Ear (Otitis Externa)?

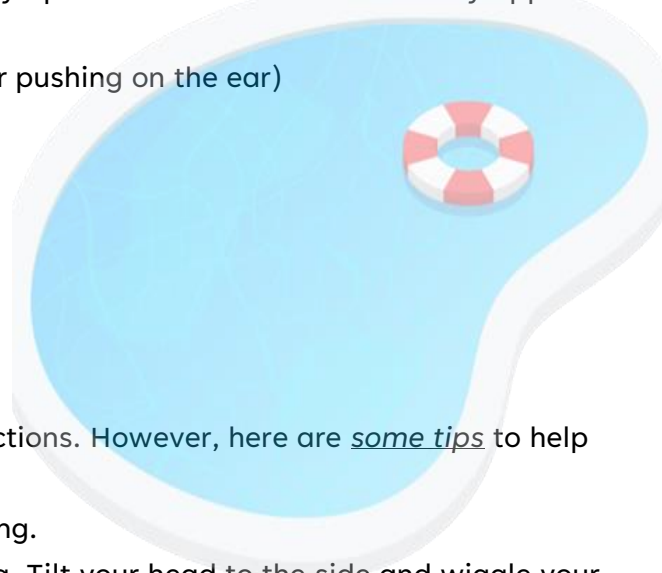
Swimmer's ear is an infection of the outer ear canal. Symptoms of swimmer's ear usually appear within a few days of swimming and include:

- Pain (especially when tugging on the earlobe or pushing on the ear)
- Redness
- Itching
- Dry, scaly skin in the ear canal
- Drainage of clear fluid
- Redness or swelling of the outer ear
- Muffled or decreased hearing

### How can you prevent swimmer's ear?

There is no guarantee for preventing external ear infections. However, here are *some tips* to help decrease your chances of developing one:

- Wear a bathing cap or ear plugs when swimming.
- Dry your ears well after swimming or showering. Tilt your head to the side and wiggle your earlobe in different directions to help the water drain out. You can also use a blow dryer to help dry out all the water.
- Do not try to remove ear wax. Ear wax serves a protective purpose and helps prevent bacteria from growing, so getting rid of too much ear wax makes it easier for bacteria to grow.
- Do not put objects in your ears. This can lead to swimmer's ear by damaging the thin skin in your ear canal (this includes cotton swabs or even your fingers). Read the [entire article](#)



## National Heimlich Maneuver Day – June 1, 2024

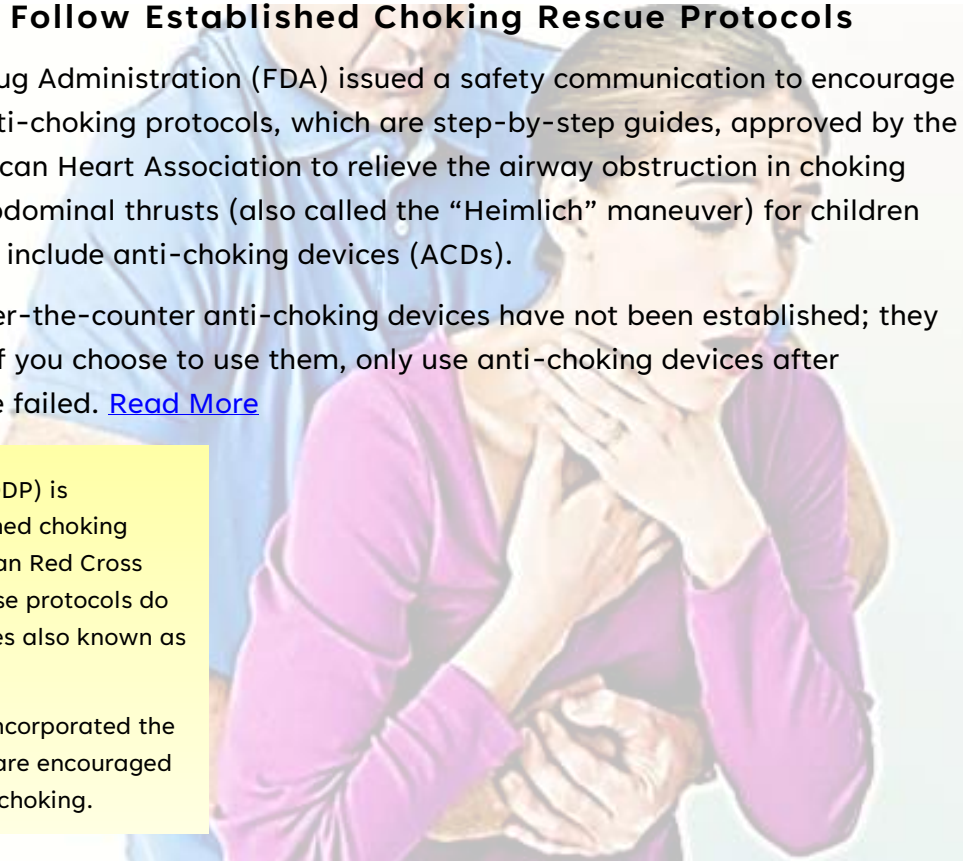
### FDA Encourages Public to Follow Established Choking Rescue Protocols

In April 2024, the U.S. Food and Drug Administration (FDA) issued a safety communication to encourage the public to follow established anti-choking protocols, which are step-by-step guides, approved by the American Red Cross and the American Heart Association to relieve the airway obstruction in choking victims. These protocols include abdominal thrusts (also called the “Heimlich” maneuver) for children and adults. These protocols do not include anti-choking devices (ACDs).

The safety and effectiveness of over-the-counter anti-choking devices have not been established; they are not FDA approved or cleared. If you choose to use them, only use anti-choking devices after established choking protocols have failed. [Read More](#)

The Office of Developmental Programs (ODP) is encouraging the public to follow established choking rescue protocols approved by the American Red Cross and the American Heart Association. These protocols do not include the use of anti-choking devices also known as airway clearance devices (ACDs).

ODP is aware that some providers have incorporated the use of ACDs into their policies. Providers are encouraged to review their current policies related to choking.





June is a special month to learn more about men's health issues, like heart disease and mental health. It reminds us that men should see doctors regularly and make healthy choices to live a happy and long life.

On average, men live about 5 years less than their female counterparts • Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide • 1 in 2 men will develop cancer in their lifetime • Men make ½ as many physician visits for prevention as women

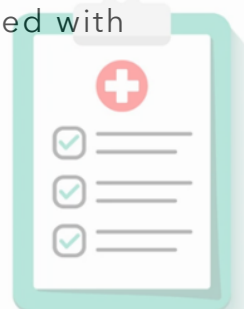
Learn more at [www.menshealthmonth.com](http://www.menshealthmonth.com)

## Preventive Health Screening [Checklists](#)

This is a summary checklist for use by the self-advocate, family member, or support provider to help guide the discussion with the Health Care Provider (HCP) about which screening tests are recommended for a particular individual. This form should be completed prior to the individual's annual visit. Staff should review the individual's health record and check off preventive screenings that are likely due based on age, sex, and risk factors. These screenings can then be discussed with the HCP at the annual visit.

[Female Overview Sheet](#): one-page overview of recommended screenings

[Male Overview Sheet](#): one-page overview of recommended screenings



# TAKE A BREAK!

Enjoy the benefits of cognitive skill enhancement, anxiety reduction, and promoting physical well-being all while doing something fun.



## Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S  
W D C S E M A G N S U O S H S K O O B C  
F A O I C E C R E A M T O V E P I J Z I  
X N T B K G W L P H R Q E L R U T D R N  
P O T E L O C S M A N B Y L I M A F E C  
U M A V R I Z D W J G S R O F Q C X L I  
C E G N S M O B R I Y N G T N H A S K P  
H L E P F U E Q D L M C I Z O J V G N W  
N I O T M R E L A X O M Y L B S N E I D  
G P K Z R A J K O B H V I W E I Q F R A  
S T M I X E C Y A N L D H N D V C O P U  
D K E Q N O F R Z Q A J W A G B A H S G  
N S L A M G B V E Y C A E X I D M R Z U  
E J E M H E T C S M F R Q K T A P W T S  
I D A L C S E I R O M E M R A Y I B N T  
R H J U Z W T M A K B U I C V L N Q E X  
F B E G A Z N S T R O P S D U R G L Y M  
V A K R B X U W Q H S G N I E O N A C L  
M G Y L U J D P S E N Z B E A C H I F R

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon

# Fluffy Gluten-Free Pancakes



## Ingredients:

- 1 cup gluten-free flour
- 2 tablespoons granulated sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ¾ cup milk
- 1 large egg
- 2 tablespoons oil or melted butter
- ½ teaspoons vanilla extract

## Instructions:

1. Whisk the gluten-free flour, sugar, baking powder, and salt together in a medium bowl. Add the milk, egg, oil, and vanilla extract. Let the batter rest for 5 minutes. (Batter can rest up to 30 minutes.)
  2. Heat a nonstick griddle or skillet over medium-high heat. Lightly grease the griddle with oil or butter.
  3. Spoon about ¼ cup of batter onto the skillet. Cook until the edges look set, and bubbles appear all over the surface of the pancake, about two minutes. To check for doneness, lift the edge of the pancake with a spatula. It should be golden brown.
  4. Flip the pancake and cook until golden brown, about two additional minutes.
- Repeat with the remaining batter. Serve with butter and syrup. [Glutenfreebaking.com](http://Glutenfreebaking.com) [Recipe](#)

These services with a speech-language pathologist (SLP) are **Short-term** and **Online (SO)**. Hence, the name [Just SO Speech Services](#).

The PA Office of Developmental Programs (ODP) funds these limited online SLP services to ODP consumers and their families/teams. ODP consumers can receive up to 15 hours of services from a licensed and certified speech-language pathologist.

A license speech language pathologist (SLP) can work with your team to:

- Assess current communication (formal or informal evaluation).
- Recommend a communication focus.
- Develop a communication support plan.
- Teach practical strategies for communication.
- Select, setup, and or customize a communication device.
- Plan for getting an AAC device, including writing an insurance report, if necessary.
- Troubleshoot communication strategies, AAC devices and more.

Contact [JustSo@temple.edu](mailto:JustSo@temple.edu)



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## Counties

Blair, Centre, Clinton,  
Columbia, Huntingdon,  
Juniata, Lycoming, Mifflin,  
Montour, Northumberland,  
Schuylkill, Snyder, Union