

Grandparent's Corner

October National Halloween Safety Month

Halloween should be a fun time, but every year there are several hundred eye injuries related to costume and masks. Below are a few tips offered by Prevent Blindness America to insure your child's safety and prevent a night of treats from turning into a night of tragedy.

Cosmetics and Contacts Lenses: A growing fad of wearing cosmetic contacts that make your eyes look like cat's eyes may seem harmless; however, these lenses come with possible risk:

- Wear hypoallergenic makeup. Remove makeup with cold cream instead of soap. Use makeup instead of masks.
- Improper use of cosmetic lenses can lead to serious eye complications including bacterial infections, swelling, eye pain, sensitivity to light, pink eye, corneal scratches, and possible permanent loss of sight.
- Never buy cosmetic contacts without a prescription! Never share your cosmetic contacts with others or use someone else's contacts.
- If your teen has these contacts, be sure and ask where they got them. Explain possible hazards of wearing them.
- Tie hats and scarves securely so they don't slip over children's eyes.
- Avoid pointed props such as spears, swords or wands that may harm other children's eyes.
- Carry a bright flashlight to improve visibility. Go trick-or-treating in daylight, as it is safer than going after dark.
- Carefully inspect any toys or novelty items received by kids age three and younger. These may pose a choking hazard. Avoid giving young kids lollipops as the sticks can cause eye injuries.

- **Decorations:**
- Be sure your lawn, steps, porch and front door are well lit and free from obstacles.
- Keep candles and jack-o-lanterns away from steps and porches outside, as costumes could brush against them and ignite. Inside- keep them away from curtain and other decoration to avoid causing a fire.

A Safer option is to go to a Halloween party or community block party instead of trick-or-treating!

Source: Prevent Blindness America

www.preventblindness.org

QUICK QUIZ

Liver diseases such as hepatitis C, fatty liver disease, and liver cancer are on the rise and up to 25% of Americans may have fatty liver disease. Test your knowledge of liver disease by reading this issue and answering these True/False questions.

1. The liver is the largest internal solid organ in the human body. T F
2. The major job of the liver is the removal of toxic (poisonous) substances and detoxication (cleansing) of poisonous substances, such as alcohol, from the body. T F
3. Liver disease always shows symptoms. T F
4. The liver can regrow itself, so it can withstand unhealthy treatment for a long time.
T F
5. Some liver diseases are contagious, some are hereditary (passed on genetically). T F
6. The hepatitis A vaccine is recommended for anyone with liver disease and the caregiver should also receive the vaccine to prevent getting the infection. T F
7. Caregivers may need to monitor the person's daily salt intake to avoid edema. T F
8. At high doses, Tylenol is known to be toxic to the liver. T F
9. It is not important for the caregiver to be aware of the liver diagnosis. T F
10. The liver helps with digestion, blood clotting, and control of blood glucose (sugar level in the blood). T F

Name _____

Signature _____

Date _____

KEY: 1. T; 2. T; 3. F; 4. T; 5. T; 6. T; 7. T; 8. T; 9. F; 10. T

