

COMMUNIQUE



DECEMBER 2010

Happy Holidays!

The following members of The Academy of Medicine send you holiday greetings through a contribution to The Academy Foundation Fund in lieu of greeting cards.

Ayad E. Abrou, MD
John P. Anders, MD
Timothy J. Anders, MD
Garrett & Joey Begeman
Lachman & Nancie Chablani
Robert L. Kalb, MD
Gerald & Marcene Marsa
Dr. Allan & Ilene Miller
Glenn P. Rothhaas, DO
Michael & Connie Stark
Ana M. Thompson, MD
Lee & Theresa Wealton

The Academy would like to thank these physicians for their generous donations and wish them a healthy and happy New Year!

Bed Bugs Are Back!

Bed bugs are back and back with a vengeance! These little blood sucking insects have resurfaced since 2003 and are here to stay. Several reports about their confirmed detection are noted across the nation, recently from other cities in Ohio like Cincinnati, Columbus and Dayton, and now in Toledo! According to an entomologist, Susan Jones, who is also a member of the Ohio Central Bed Bug Task Force, "This is a pest of public health importance. Every public health department ought to be taking this as serious as sin."

Bed bugs have been around for centuries, though their numbers have slowly encroached (no pun intended) since their antidote DDT was banned in the 70s. Bed bugs thrive when there is a high turn over of inhabitants. Typical 'feeding grounds' are places like apartment buildings, hotels and dormitories. According to expert consensus, bed bug numbers seem to be higher now because of

international travel, high tenant turnover in housing complexes, students from higher infested states and pesticide resistance.

Although tiny, about the size of an apple seed when fully grown, bed bugs can create quite a nuisance. They typically feed on human blood and mostly at night which causes severe itching. They can live for more than a year and a female bug can lay around 500 eggs in her lifetime. They multiply rapidly if left unchecked and may be carried by inhabitants to new locations on bags, luggage or clothing. The bugs prefer materials made of fabric, paper, and wood and their eggs attach tightly to surfaces so they aren't easily vacuumed away.

Bed bugs can be identified by clusters of black fecal spots which leave a reddish smear when wiped. One may also identify tiny shed skin and eggs. In order to prevent the spread of bed bugs, one should thoroughly inspect hotel rooms when traveling and keep luggage on a rack rather than putting it on the floor. Travelers should inspect bedding, mattresses and bed frames for fecal spots, and even look inside night stand drawers. Clothes should be kept in a zipped suitcase or hung up in the hotel closet, rather than a chest-of-drawers.

Affected individuals may have to replace furniture, mattresses and clothing and may need to treat their house hold repeatedly with chemicals, vacuuming and steam. The best way to get rid of these blood sucking pests is to get help from an exterminator or a pest control company, though that can be an expensive venture. Victims can themselves assist by clearing clutter (where bugs could be hiding) laundering and drying clothes at high temperatures and vacuuming thoroughly.

Fortunately, there isn't any evidence that these pests are disease vectors. Itching and scratching can lead to infected wounds and the number of affected sores. Health care providers must be aware of areas where these insects propagate and keep their patients well informed. Adequate hygiene, early diagnosis, proper management and keeping this mischief well contained may be the best option for our communities for now.

Jahangir Adil, MD, Chair, Community Health Commission

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United Way Concludes Campaign

On December 9, 2010 United Way of Greater Toledo wrapped up the 2010 campaign with a Victory Celebration at Tango's Latin-Infused Grill at the Docks. While the United Way would love to tell you the campaign total announced at the celebration, this article is being written prior to December 9 and that information is not available yet. However, suffice it to say they have raised millions of dollars! If you were able to contribute to this effort, THANK YOU! So, rather than talk about exactly how much they raised, United Way would like to tell you how the resources you so generously gave will be invested.

As always, undesignated gifts are invested in the United Way Agenda for Change, which focuses on three building blocks for a good life: education, income, and health. The Agenda is also based on a foundation of community outreach and essential services. More specifically...

Education: Your investments are helping prepare kids to enter and graduate from school, bolstering the overall health of our community and economy. **Income:** Income efforts focus on equipping and educating low-income families to be financially stable. **Health:** United Way is increasing access to health care and healthy choices. **Community Outreach:** Through programs like United Way 2-1-1, they offer information, referral and outreach to a community in need. Additionally, it was through the United Way Volunteer Center that they were able to deploy 3,500 volunteers to assist with tornado recovery last spring. **Essential Services:** United Way knows many of these issues fade in importance if there are not clothes on your back and food on the table. That's why they remain committed to essential services.

United Way is about more than giving, though. They also encourage people to advocate and volunteer. To find out how you can get involved, to learn more about United Way's vital work in our community and to find out if they reached their fundraising goal, visit www.unitedway-toledo.org.

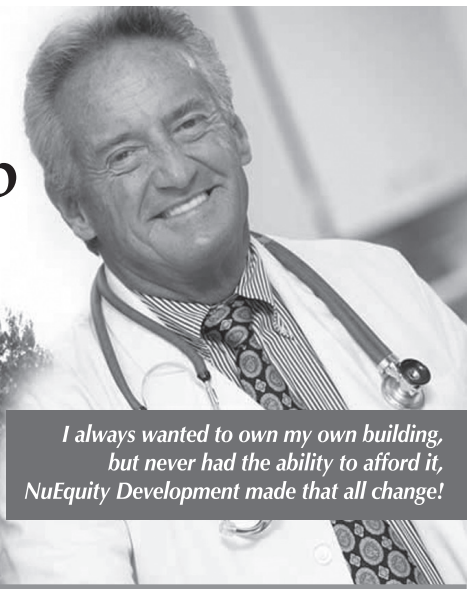
We NEED Your Email Address!

In order to provide the most timely information to it's members, The Academy of Medicine would like to communicate with the membership by email. Please provide your email address to The Academy by email at lwealton@aol.com. Thank you in advance for providing The Academy with your email address.

Submit an Article to *Healthy Living News*

The Community Relations & Communications Commission is recruiting contributors to The Academy Corner in *Healthy Living News*. Articles for the monthly publication are approximately 300 words and can be sent to Dr. Ron Shapiro at rshapiro@edok.com. Maintaining the presence of *The Academy Corner* in *Healthy Living News* favorably keeps The Academy of Medicine in the public eye, as well as its members.

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ACADEMY PRESIDENT

Salvador E. Peron, MD

INVITES YOU AND YOUR GUEST TO
THE ACADEMY OF MEDICINE OF
TOLEDO & LUCAS COUNTY
109TH ANNUAL MEETING

THURSDAY, JANUARY 13, 2011, 6PM

*Gladieux Meadows
4480 Heatherdowns Boulevard
Toledo, Ohio*

ELECTION RESULTS

INDUCTION OF
NEW MEMBERS

THANK YOU

Incoming Academy President
WILLIAM H. TREUHAF, MD

2011 ANNUAL MEETING RESERVATION FORM

Name (please print)

I have enclosed a check for _____ person(s) in the amount of \$ _____ (\$55 per reservation).

Cash Bar. Wine served with dinner.

Please make check payable to The Academy of Medicine.

- | | | |
|--------------------------|--------------------------|------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Grilled Marinated Tenderloin Steak |
| <input type="checkbox"/> | <input type="checkbox"/> | Chicken Breast Asiago |
| <input type="checkbox"/> | <input type="checkbox"/> | Spinach Ravioli |

Please return form with check to: The Academy of Medicine, 4428 Secor Road, Toledo, Ohio 43623.
For more information, please call 419.473.3206 or email lwealton@aol.com.

IN MEMORIAM

WARREN E. UNDERHILL, MD
2/12/1929 - 10/29/2010

CARL P. HERKIMER, MD
5/14/1934 - 12/7/2010

Academy of Medicine Annual Meeting

Please mark your calendar now and plan to attend The Academy of Medicine Annual Meeting on **Thursday, January 13, 2011, at Gladioux Meadows**. The reception will begin at 6:00 pm, followed by dinner and the program. At the Annual Meeting, Dr. Salvador E. Peron, 2010 Academy President, will install Dr. William H. Treuhart as 2011 Academy President. Please see the invitation on Page 3.

APPLICATION

IMRAN I. ALI, MD
Neurology

CLASSIFIED AD

Office Furniture for Sale - 6 full-size computer work stations and computer desk. \$30.00 each or \$175.00 for all. Also, fax machine for \$35.00. Please call Lee Wealton @ 419.473.3206 or e-mail @ lwealton@aol.com.



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